

Bowel & Bladder Therapy

Who Can Benefit

LifeScape can treat children four years and older with a diagnosis of constipation and children five years and older with other bowel and bladder concerns. These concerns may be the result of:

- Pelvic floor muscle weakness
- Decreased coordination between pelvic floor muscles and sphincters
- Developmental delay and delayed maturity of the nervous system
- Frequent urination or frequent sudden urges to urinate
- Incomplete bladder emptying
- Core muscle weakness
- Ineffective pushing strategies for having a bowel movement

Types of Concerns

- Urinary incontinence
- Dysfunctional voiding
- Recurrent urinary tract infections
- Nighttime bed wetting
- Fecal incontinence (including stool withholding)
- Chronic constipation
 - History of withholding or retaining stool
 - History of painful or hard bowel movements
 - Presence of a large amount of stool in the rectum
 - History of very wide stools that may plug the toilet

Constipation Management Clinic

LifeScape's Constipation Management Clinic is for children ages four and older who have additional concerns associated with severe constipation, including significant stool withholding, behaviors surrounding toileting (fear, refusals, meltdowns), or other stressors that can contribute to severe constipation.

This clinic uses a multi-disciplinary approach to constipation management and includes a physical therapist, occupational therapist, and counselor, working in collaboration with a child's team of physicians to comprehensively address concerns.

What to Expect

Our physical therapy treatment programs combine behavioral and physical therapies, aided by biofeedback, muscle strengthening, manual techniques, and neuromuscular reeducation. If warranted, biofeedback allows the therapist to evaluate the function of specific muscles of the pelvic floor using non-invasive, comfortable sensors. With the use of kid-friendly biofeedback screens, patients are able to see their muscle activity on a computer screen in a fun and motivating way!



For more information:

- **Call Us** at 605.791.7400 for an appointment or details.
- **Toll-Free** 800.584.9298, Ext. 7400
- **Visit** LifeScapeSD.org

Leaders in Physical Therapy



**Christine
Stephenson,
PT, DPT**

Our Bowel and Bladder program is led by a team of physical therapists who have advanced training in pediatric pelvic floor dysfunction, functional gastrointestinal disorders, and fecal and urinary incontinence. Our team has successfully treated patients with a variety of bowel and bladder disorders.