



PELVIC FLOOR THERAPY FOR CHILDREN

How does it help?

- **Improved bladder and bowel control:** helping your child have better control over their bowels and bladder; can also decrease the chance of accidents, improve the timing of pottying.
- **Reduced constipation and straining:** helping your child to poop with less straining, especially if there is constipation.
- **Addressing potty-related issues:** helping with constipation, urinary accidents, frequent urination.
- **Promoting healthy habits:** helping your child to have the best and most healthy pottying habits.

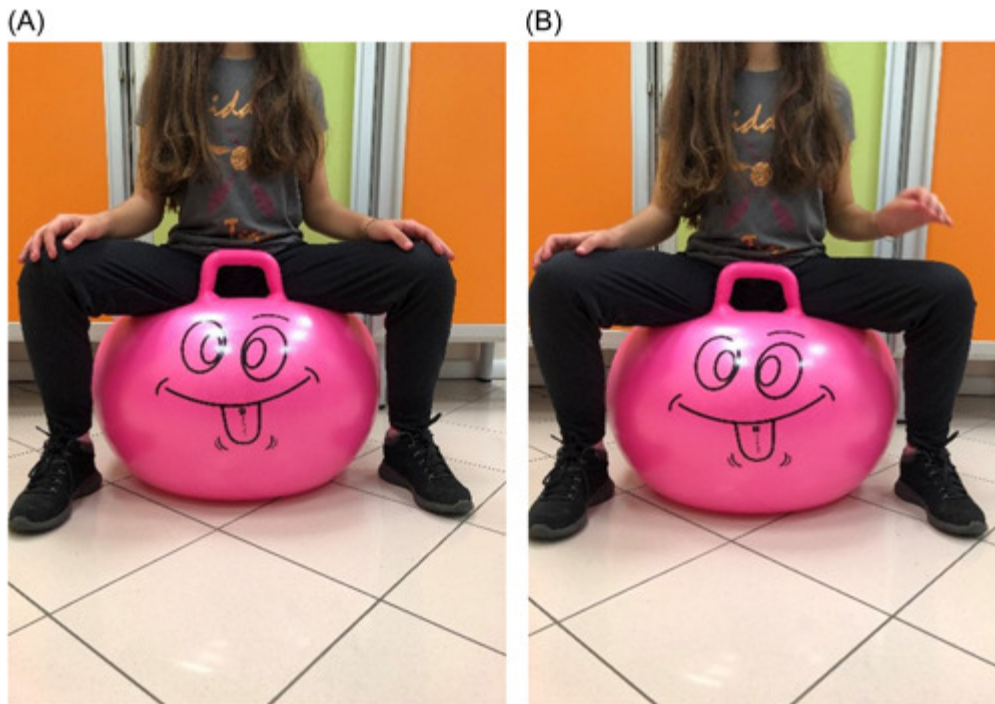
PELVIC FLOOR EXERCISES FOR CHILDREN

- **Kegel Exercises:** Practice contracting and relaxing these muscles, holding for a few seconds and then relaxing. Squeeze and release 5 times in a row.
- **Squatting:** Practice squatting, which can help activate the muscles of the pelvic floor and improve coordination.
- **Ball Squeeze:** have your child squeeze a ball between their legs while sitting or lying down to strengthen the pelvic floor muscles.
- **Toe Tapping:** Sitting with feet flat, have your child lift and tap their toes, engaging the pelvic floor.
- **Deep Squats:** Practice deep squats, where your child lowers their body into a squat position, keeping their heels on the ground and back straight. A chair or adult hands can be used to steady your child.

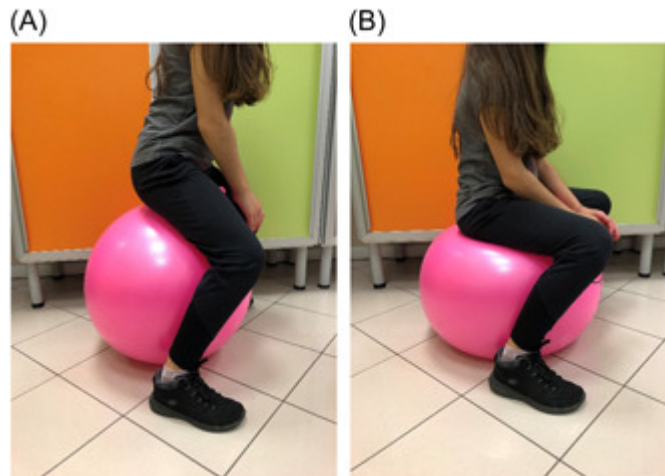
- **Ball Exercises:** You can use a “fitball” for your child to sit on and contracting (squeezing) the pelvic floor muscles, or rising up and down while holding the ball (see pictures below).

- **Other exercises:**
 - >catching a ball while kneeling
 - >standing with a ball under one foot

****NOTE:** These exercises are meant to be done in sets (as if you were in a gym), with 5 seconds of holding (count it out for your child) and 10 seconds relaxation.



(A, B) First exercise with fitball: Sit down on the ball reproducing the proper position on the toilet, 5 seconds of pelvic floor muscles' contraction, followed by 10 seconds of relaxation



(A, B) Second exercises with fitball: After the contraction of pelvic floor (squeezing), stand up and maintained the position for 5 seconds, then sit back down on the ball for the 10 seconds relaxation

REFERENCES:

Home pelvic floor exercises in children with non-neurogenic LUT Symptoms: Is fitball and alternative to classic exercises?; Neurourol Urodyn.2022 Oct 8;42(1): 146-152.

Pelvic Exercises Physiotherapy; Michele Kenay, Pelvic Floor Physiotherapist.