

# AUTUMN NEWSLETTER

17th Mar 2022

SYDNEY WOMEN'S PHYSIOTHERAPY/  
PELVIC CONNECTIONS

## PAEDIATRIC CONTINENCE

Did you know that Sydney Women's Physiotherapy offers a sub-branch of services under the company name of Pelvic Connections? Pelvic connections explores and services the greater pelvic health community including Paediatric Continence and Men's Health.

### What is Paediatric Continence and what does it include?

Paediatric Continence is the management of bladder and bowel concerns in the paediatric community. Concerns frequently presented in the paediatric community include:

- Bedwetting (Nocturnal Enuresis)
- Urinary Incontinence
- Urinary Frequency
- Chronic constipation
- Faecal incontinence (Encopresis)
- Pelvic Pain

### Who at Pelvic Connections can manage Paediatric Continence concerns?

Currently Trisha, Marissa and Kimia are the trained therapists in the management of Paediatric Continence. However, as the needs of the Hills District community and beyond continues to grow, you may start to see more therapists at our clinic involved in this wonderful world of treatment as we continue to invest in to professional development!



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# HOW PHYSIOTHERAPY CAN ASSIST IN THE MANAGEMENT OF PAEDIATRIC CONTINENCE?

Physiotherapy can often be an effective way of conservatively managing Paediatric Continence. Management is often like "putting pieces of the puzzle together", whereby we assess the patient as a whole, including a physical, psychological and social approach.



## **Education:**

Educating the parent and the patient to understand their condition and concerns, as well as the treatment plan and likely prognosis is essential to any treatment

## **Management of bowels:**

Many of paediatric concerns are linked to bowel health, such as constipation. Physiotherapy assists in the management of bowel health through lifestyle and diet modifications (within scope) and demonstration of the correct position and technique required for passing bowel movements

## **Pelvic floor muscle training:**

Pelvic floor muscle training is individualised to the patients concerns and may include relaxation or activation, or a progression through both. Assessment of the pelvic floor can be performed through real-time ultrasound or with the patient's consent, a visual external examination.



## **Postural considerations:**

Posture most certainly can influence bladder and bowel function. Postural advice and training may be incorporated as part of the rehabilitation program.

## **Bladder re-training:**

Bladder re-training may be appropriate for some patients and may include timed toilet sits, demonstration of correct voiding position and technique, education regarding withholding and much more.



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