

Easy, Flexible Scheduling

First Visit: Your child will have a 30-40 minute one-on-one appointment with a certified pelvic health specialist.

Subsequent treatments are between 30 and 40 minutes.

Frequency of appointments is based on your child's needs and what works best for your schedule, usually 2-8 visits/month.

It often takes 3-6 months of treatment to change bowel and bladder habits.

What will my child be asked to do?

Our goal is to make your child feel safe and have fun while at physical therapy. Evaluation and treatments are **non-invasive** and include:

- Pelvic Floor exercises and stretches
- Proper toileting hygiene
- Posture for complete bowel and bladder emptying
- Behavior shaping
- Abdominal massage
- Diet and activity recommendations that promote normal bowel and bladder function
- Biofeedback (visual, animated feedback of pelvic floor activity)



At Kitsap Physical Therapy, we have 6 therapists who are trained in evidence-based protocols and treatment of pediatric pelvic health.

Bainbridge Island (360) 842-6288

*Hayley Siegenthaler PT, DPT, CLT, GC
Amanda Watson PT, DPT*

Bremerton (360) 792-1015

Dana Jackson PT, MSPT, OCS

Port Orchard (360) 895-9090

Megan Morris PT, DPT, PHC, TPS

Poulsbo-Village (360) 779-3777

Kara Stadshaug PT, DPT, CLT, PHC

Silverdale (360) 613-1834

Emily Everett PT, DPT



kitsap
physical
therapy
AND SPORTS CLINICS

Pediatric Pelvic Health

*Physical Therapy Solutions for your Child's
Wetting, Constipation, UTIs,
and Other Potty Problems*



Healthy Potty Habits for your child

Did you know that 15-22% of children struggle with wetting problems past the age of 5? Kitsap Physical Therapy has therapists certified in pelvic health who are trained to help with many common problems, including:

- Wetting
- Constipation
- Urinary retention
- Urinary urgency/ frequency
- Bowel incontinence and/or inability to empty bowels
- Vesicoureteral reflux

Why is my child still wetting the bed?

Often bedwetting is attributed to genetics, difficulties waking up, hormonal factors, and anatomical abnormalities. Some of these things are difficult to treat. Constipation is also a common cause of bed wetting, and is often missed. Children can poop daily and still be constipated. A pelvic health therapist can help identify the cause of bed wetting. They can work with your child and your doctor to develop a plan involving nutrition, behavioral therapy, stretching and pelvic floor exercises to keep your child dry through the day and night.

Why does my child get frequent UTIs?

UTIs are caused when bacteria from the skin or poop get into the urinary tract. A pelvic health physical therapist can teach your child toileting postures and wiping techniques that can minimize risk for UTIs. They will also screen for signs of constipation, which is a common cause of frequent UTIs.



***“WE HAD NO IDEA PT
COULD RESOLVE OUR
CHILD’S BED WETTING,
THANK YOU”***



When Accidents Keep Happening: The Consequences

Parents sometimes ignore children’s toileting problems because they think accidents are normal, or that their kids will grow out of it.

Children do overcome these problems on their own, but many need help. Untreated bowel and bladder problems can persist into adulthood and become painful, lingering conditions related to a chronic inability to relax the pelvic muscles.

When chronic urine or stool holding persist into adulthood, they can cause:

- Pelvic pain
- Pain with intimacy
- Recurrent urinary tract infections