

**FOR IMMEDIATE RELEASE**

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## **New Pediatric Bowel and Bladder Program!**

**One of the FIRST programs of its kind in Lake & McHenry counties!**

**(Lake Zurich)** **WoMen's** Physical Therapy INSTITUTE of 755 Ela Rd., Lake Zurich is announcing the creation of a new program aimed at treating pediatric bowel and bladder dysfunction for children 5 and above. Diagnoses such as dysfunctional elimination syndrome, incontinence (leakage of urine or feces), and bedwetting are some of the problems children face. These conditions have musculoskeletal components, which present as the pelvic floor musculature being weak, tight, and/or uncoordinated. Children are taught how to regain control and become the "boss" of their bladder and bowel.

Treatment options include simple exercises to contract and relax the pelvic floor. The program also addresses the abdominal musculature, which is important in increasing control and relieving pressure on the bowel and bladder. Biofeedback is also utilized to aide in locating and exercising the proper pelvic musculature. Small electrodes are attached externally to the pelvic floor musculature, which pick up the muscle signal and are fed into a computer and displayed. This allows accurate diagnosis of the quality of the contraction and relaxation and provides patients with immediate feedback on how they are progressing. This treatment is very effective and non-invasive. The biofeedback programs are designed similarly to video games to keep the interest of the child. Finally, bowel and bladder re-training are accomplished using behavior modification to assist the patient in normalizing the frequency of elimination and re-gain bowel and bladder control.

**WoMen's** Physical Therapy INSTITUTE is dedicated to providing outstanding rehabilitation services to men and women and children. We specialize in treating orthopedic dysfunctions and pelvic disorders. All treatments are individually designed after a thorough evaluation. Women's Physical Therapy Institute has specifically designed treatments and programs to address numerous conditions, such as, athletic injuries, childbearing conditions, dyspareunia, incontinence, interstitial cystitis, osteoporosis, pelvic pain, and post-prostatectomy issues. WoMen's Physical Therapy Institute has locations in Lake Zurich and Crystal Lake and can be contacted at 847.550.9784.