



# Pediatric Incontinence

## Children 4 to 16 Years

**Children's Developmental Center  
is the leading regional  
Neuro Developmental Center  
preparing children with  
developmental delays...for life!**



### Incontinence

Children struggling with bladder and bowel dysfunction often have self esteem issues that influence the activities and social events the child can or is willing to participate in. Inevitably, the entire family is impacted by a child's incontinence issues.

The physiological systems that control bladder and bowel function mature around 4 years of age. Difficulty with daytime or nighttime control after age 4 can be the result of many different interacting factors.

Speak with your child's doctor to see if Physical Therapy may be an option to help your child gain control for their future.

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Monday - Friday  
8:00 AM - 4:30 PM



**CHILDREN'S  
DEVELOPMENTAL  
CENTER**

**You're NOT Alone!  
We Can Help You.**

[childrensdevelopmentalcenter.org](http://childrensdevelopmentalcenter.org)

**509.735.1062**  
**Helping Children Gain Control**

## Incontinence Program

The Children's Developmental Center has developed a child friendly program specially designed to address your child's bladder and/or bowel dysfunction.

Bladder Dysfunction includes daytime or nighttime loss of control after the age of 5 years.

Bowel Dysfunction included constipation, staining or soiling of underwear after the age of 4 years.

The Incontinence Program is designed for:

- Youth 4-16 years of age,
- With a primary diagnosis of bladder/bowel dysfunction from a primary care physician or specialist.

To enroll in the program, a referral from a physician with a prescription for Physical Therapy evaluation and treatment with an incontinence related diagnosis.

Upon enrollment you can expect:

- Respect and confidentiality,
- Customized program matching your child's specific needs throughout their adolescence,
- Encouragement,
- Enhanced self-esteem,
- Hope for a brighter future.

## Our Multifaceted Approach

**Education:** The child is educated about incontinence issues including anatomy and physiology of the bowel and bladder.

**Healthy Habits:** General recommendations are made to support the health of the bowel/bladder systems.

**Manual Therapy:** Gentle mobilization of the soft tissue of the back and abdomen are used to support the health of the bladder/bowel system.

**Exercise:** The child is taught exercises designed to target the pelvic floor musculature. Every child has a home program specific to their needs.

**Biofeedback:** Small electrodes that detect muscle activity are placed externally. This information is graphically represented on the computer so children can see what muscles are being exercised.

**Physiological Quieting:** The child is taught relaxation and breathing techniques that can help with successful bladder and bowel control.

**Celebrating Success:** Tracking progress, identifying factors in set backs, and celebrating successes are essential.



**Laura McGuckin, MPT**

Laura McGuckin, MPT, is a physical therapist who started working as a pediatric physical therapist in 1996. She has completed specialized training and is certified in treating pediatric incontinence.

She has a master's degree in physical therapy and has taken many continuing education courses to become specialized in pediatric intervention. She has worked in early intervention programs since 2001 and has a wide range of experience in serving children with disabilities.

In addition, Laura works in an adult clinic in Women's Health.

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**For more information, please call.**

The Children's Developmental Center is a PREFERRED PROVIDER and DOES ACCEPT MEDICAID. Your insurance will be billed for you in accordance with State regulations. Families will be charged deductibles and co-pays for professional services.