

biofeedback

what is biofeedback?

Biofeedback is a conservative, non-surgical therapy used to treat bladder dysfunction, incontinence, urgency, pelvic pain or to re-educate the pelvic floor muscles.

Children with toileting difficulties are often too anxious to comfortably relax the muscles necessary for effective elimination. Using biofeedback technology, a computer monitors the electrical activity of the pelvic floor muscles and their progress throughout the therapy sessions. This computerized technology allows your child to see results during contraction and relaxation to help correctly use this group of muscles. The use of video games makes these exercises easy and fun.

Think of this as a personal trainer instructing your child in "circuit" exercises just as they do for other muscles in the fitness centers!

what to expect during biofeedback therapy

With each visit, your child will meet and consult with their pediatric nurse about their progress and discuss their ongoing therapy plan for success. Your child needs to come to each appointment with a full bladder. Please have your child drink 2 to 4 glasses of water before each biofeedback session.

You will remain with your child during the entire session. However, siblings are not permitted in the room during the session. Patches (three stickers) are attached to the pelvic muscles at the area around the rectum. Also three additional patches are placed on the abdominal muscles to monitor their activity.

Typically therapy consists of biweekly sessions, with the number of needed sessions varying from patient to patient. The first session will last about one hour in order to obtain: a voiding and bowel history, a physical assessment including the pelvic muscles and an introduction to the biofeedback process with an assessment. The remaining sessions will last less than an hour and include progress reporting, exercise practices as well as biofeedback therapy.

Biofeedback treatment involves multiple clinic visits and daily pelvic floor exercises. Therefore, patients and families who enroll in the biofeedback program must be motivated and committed!



biofeedback homework

1. Work on timed voids

Your child needs to urinate every 2 to 3 hours and empty to completion. This means having your child urinate every 2 to 3 hours whether she/he thinks they have to go. In your packet there is a note to give to the school that will allow them to follow this regimen.

2. Work on posture

Remind your child of correct seating posture for voiding. This means feet flat on the floor, legs apart and back straight and slightly forward. You may need to place a small foot stool at the toilet to help with this.

3. Work on bladder relaxation

Encourage relaxation. **Do not rush them.** Encourage deep relaxing breathing. In the office we use EMG stickers and sound to teach your child to relax. You will need to use measurement and sound at home to track your child's progress.

- a. **Listen** to your child's stream. Is it continuous or interrupted? Sometimes it is helpful to remind your child what urination should sound like. Take a cup, fill it with water. Show the difference between continuous stream and interrupted stream. The child can try to recreate the sound when they are urinating.
- b. **Keep a log of urine output.** Included in your child's kit is a specimen container that you can put in the toilet to measure how much your child urinates. Keep a daily log to see if she is getting the same amount each time. This will help you get an estimate on how much your child should urinate every 2 hours. Write down if your child stayed dry between voids. If they are not dry between voids, then they probably did not empty completely. You will need to encourage them to go more the next time they void.
- c. **Double void** after the child has voided, have them count to 10 and void again. You may want to keep an 'egg timer' in the bathroom for them to remain seated until the timer goes off at three minutes, to allow for double or triple voidings in order to completely empty.

4. Work on proper wiping with girls

Wipe correctly from front to back, this is especially important after a bowel movement.

5. Work on bowel movements

Be aware of your child's bowel movements. They should have a bowel movement at least once a day. Take note if the stool is hard or soft and how much they do go, constipation could be part of the problem. Included in your child's packet there is a list of fiber rich foods, sometime by increasing dietary fiber you can help your child have a more regular bowel movement.

6. Work on relaxation and exercise assignments learned in biofeedback

Practice while watching advertisements on TV or riding in the car and while sitting on the toilet. Practice 2-3 times a day. Include deep breathing during relaxation. Follow your home exercises instruction sheet.

home exercises

Practice these exercises at home at least two to three times daily.

- 20 second relaxation period
- 4 squeezes (hold for 2 seconds then release)
- Repeat this for five minutes

Dayton Children’s urology clinic

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voiding/catheterization diary

Patients name _____ Patients birthday _____

date	time	underwear		amount of urine	comments
		wet	dry		

Information provided in collaboration with Nationwide Children’s Hospital.

