



PATHWAYS FOR DYSFUNCTIONAL ELIMINATION IN PEDIATRICS

Phase One

- ❖ Education on bladder function – **How the Bladder Works**
- ❖ Education on pelvic floor anatomy and relationship to bladder – **The Pelvic Floor Muscles**
- ❖ Education on bladder irritants - **Your Bladder Cares about the Food you Eat and Drink**
- ❖ **Fiber Facts**
- ❖ **About Constipation, Belly Breathing, ILU massage**
- ❖ Instruct in bladder logs – **Your Bladder Log Instructions, Blank Log**
- ❖ **Bladder/Bowel Boss Sticker Chart**

Phase Two

- ❖ Review bladder logs – frequency, leakage, length of voids
- ❖ Timed voiding schedule- **Dry Days**
- ❖ Address bowel and bladder habits
- ❖ Instruct in concept of muscle contraction and relaxation – Biofeedback on biceps/triceps
- ❖ Instruct in pelvic floor contraction and/or relaxation – **Your Home Exercise Program**
- ❖ Instruct in bladder awareness – **Finding your Bladder**
- ❖ Instruct in toileting position and pelvic floor relaxation while voiding– **Bladder Emptying Exercises**
- ❖ Sensing urges – **Urge Control**
- ❖ Instruct in double voids – **Double Voiding**

Phase three

- ❖ Review bladder logs – frequency, leakage, length of voids
- ❖ Decrease second void time in seconds
- ❖ Progress to single void – **One Big Void**
- ❖ **Everyday Pelvic Floor Exercises**

Discharge and Maintenance

- ❖ Follow up once per month for 6 months and again at 12 months
- ❖ Maintenance of single voids without post void residuals (normal voiding)
- ❖ **Staying the Boss of Your Bladder**