URINARY LEAKS
(DAYTIME AND NOCTURNAL ENURESIS)

Children who experience day and nighttime urinary leakage often also experience some form of dysfunctional voiding whether that be “underactive” or “overactive” bladder. This can cause a variety of muscular involvement which may lead to retaining urine throughout the day. When the child then goes to sleep, the muscles can relax causing the body to involuntarily release urine.

RISK FACTORS:

- Constipation or bowel trouble
- Significant life event (new baby, new school, new home, divorce)
- Increased body mass
- Poor dietary intake
- Learning disability

HOW CAN PHYSICAL THERAPY HELP?

- Behavioral retraining strategies
- Bladder irritant education
- Biofeedback to bring sensory awareness to pelvic floor
- Neuromuscular retraining
- Specific targeted exercises