

Pediatric Urology of Western New York, P.C.

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Our office provides comprehensive urological services to pediatric patients. After thorough assessment and examination, your child may be referred for bladder training and biofeedback. This will assist with bladder function and bowel retention problems.

What is Biofeedback?

Biofeedback is a conservative, non-surgical therapy used to treat bladder dysfunction, incontinence and urgency. This therapy re-trains the pelvic floor muscles. Our nurse will educate, evaluate and instruct your child on how to isolate and use their pelvic floor muscles properly.

Children with toileting difficulties are often anxious and are unable to relax the muscles needed for effective elimination of urine and stool. Biofeedback offers clear visual reinforcement on how to use pelvic floor muscles by using video games. The nurse works with the children, coaching them on how to use their muscles to be successful at the games. This makes it easy and fun to practice.

Biofeedback/Pelvic Floor Muscle Exercise Therapy

Using biofeedback, a computer monitors the electrical activity of the pelvic floor muscles. This technology allows your child to see results during contraction and relaxation of these muscles. This shows the children how to correctly use these muscles when emptying their bladder. Think of this as a personal trainer instructing your child in “circuit” exercises just as they do for other muscles! Your child will learn skills that enable them to remain dry, have pain free elimination and have toileting habits appropriate for their age.

What to expect during your Biofeedback Therapy Session

With each visit, your child will meet and consult with the pediatric nurse about their progress. They will discuss their ongoing therapy plan for success. Initially, your child will be seen weekly, and then every two weeks, for an average of 6-8 sessions.

The number of the sessions is dependent on your child’s progress. The first session will last about one hour and will include:

- obtaining a voiding and bowel history;
- a uroflow rate;
- measurement of the urine left in the bladder after voiding (also known as a post void residual);
- a physical assessment including the pelvic muscles;
- an introduction to the biofeedback process with an assessment.

The remaining sessions will last less than an hour and will include:

- progress reporting;
- uroflow rate;
- post void residual;
- exercise practices;
- biofeedback therapy.

Three stickers, similar to those used in heart monitoring, are attached to the pelvic muscles at the area around the buttocks. These stickers directly assess contractions of the pelvic floor muscles. Also, 3 additional stickers are placed on the abdominal muscles to monitor their activity and involvement in the child how isolate and use only the desired muscles for proper elimination.

Your child will need to come to each appointment with a full bladder. Please have your child drink 2-4 glasses of **water** prior to their appointment. The child will be given “homework” between sessions, to complete at home. Biofeedback therapy requires the cooperation and commitment of both the child and the parents. Parental assistance and encouragement is essential for the successful completion of the program.

How to make an Appointment

Your child’s urologist will determine if Biofeedback Therapy is necessary. They will refer you to the urology nurse. You will be contacted by the urology nurse to schedule your child’s appointment.

Once the initial therapy session is scheduled, you will receive verification of the child’s appointment time and location in the mail.

It is a good idea to have your child wear comfortable clothing to therapy sessions, and if pads or absorbent products are needed, please bring replacements.

If you have any additional questions, please call our office. (716) 878-7393.

CUPID: Center for Urology and Pediatric Incontinence Disorders

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