

# Biofeedback for Pelvic Floor Relaxation

Biofeedback teaches your child how to relax the muscles around the bladder so they have an easier time peeing.

## What is Biofeedback for the pelvic floor?

Biofeedback teaches your child how to relax so they have an easier time peeing (urinating or voiding). The “pelvic floor” means the muscles around the bladder that help your child urinate. If your child has problems relaxing these muscles, they can have trouble peeing. This is sometimes called “dysfunctional voiding.”

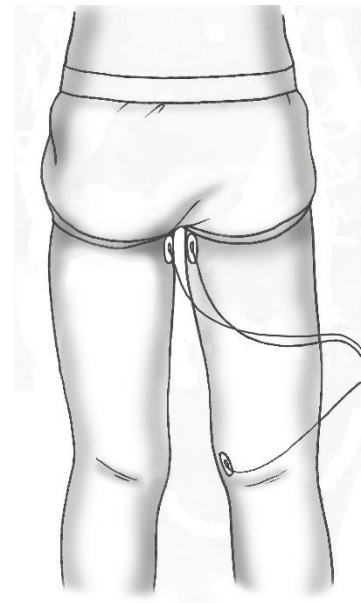
## How does biofeedback help?

Biofeedback helps children to learn how they can control their body’s response. It helps your child become more aware of how to relax to a point that lets them empty their bladder fully. We help your child to understand how the bladder and pelvic floor muscles work together.

## How does biofeedback work?

Your child will sit in front of the biofeedback computer. We will put dime-sized stickers on your child’s thigh below the underwear line. We will also put one sticker on your child’s knee cap. The stickers do not cause pain. They help to measure how tense or relaxed your child’s muscles are. We will teach your child to control emptying their bladder by:

- The way they sit
- Breathing deeply
- Using mental imagery



Placement of the 3 stickers

### To Learn More

- Urology Scheduling  
206-987-2509, Press option 1
- To talk with a nurse  
206-987-2509, Press option 4
- Ask your child’s healthcare provider
- [seattlechildrens.org](http://seattlechildrens.org)

### Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

### How long does each visit take?

Each session is about 1 hour. For some children, just 1 visit can help. Other children may need to come back for more appointments.

We will talk to you about your child's needs during the first appointment. We will find out during this visit about your child's level of stress and how willing they are to take part in treatment. This will help us to know how many more sessions they might need.

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### How do I prepare my child for the biofeedback appointment?

- Please bring a pair of shorts for your child to wear during their appointment. This makes it easier to put the stickers on your child's legs.
- Please have your child drink liquids before their appointment. Your child will be asked to pee a couple of times during the appointment. We will measure how well they have emptied their bladder.
- If your child has to pee while in the waiting room, please let staff in Urology know so they can measure the amount of pee.
- It is important for the session to be calm and quiet. It is helpful to not have other children there during the visit. Please arrange for childcare.
- Please review the "Deep Breathing" handout ([seattlechildrens.org/pdf/PE1041.pdf](http://seattlechildrens.org/pdf/PE1041.pdf)). Please practice with your child once each day for 3 days before your biofeedback appointment.

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### How can I get a biofeedback appointment for my child?

If your child has been referred for biofeedback, they first need to have an appointment with a pediatric urology provider. This will help our team know if your child is ready. Also, your child must be willing to do biofeedback for it to be helpful.