

## Biofeedback for Pediatric Urology Patients

“Biofeedback” is a type of therapy that uses electronics to help your child learn about their body. Your child will learn how to relax the muscles used during urination. When children are unable to relax these muscles during urination, it may lead to problems. It could lead to:

- Urinary incontinence
- Urinary tract infections
- Voiding dysfunction

During the sessions, your child watches their muscle activity on a computer screen. This makes it easier to learn to control these muscles. It helps the child to better understand how these muscles work and how to control them in a healthy way.

### What happens during the session?

Each session is one hour long with a trained nurse. During the session the nurse will teach your child:

- How to find the muscles for urination
- To practice relaxing these muscles
- To play games using these muscles

EMG patches will be placed on your child’s stomach and buttocks. These patches measure the muscle activity which will show on the computer screen. When your child’s muscles are tight, the computer readings will be higher. When your child’s muscles are relaxed, the readings will be lower. Your child will be fully clothed during the session. They will sit in a relaxing setting, lying back in a chair. The Elimination Program was discussed at a previous visit with the provider. This will be reviewed during each session.

### How long is the program?

How to relax muscles will be learned in about 8 one-hour sessions. Most of this is learned at home by practicing every day. Progress in the program will be checked at each session. Your child will be given five-minute exercises to complete many times a day at home. The program must be practiced every day at home for your child to succeed. Some children may need more sessions. Once your child completes the program, they will be scheduled for 4 additional sessions. Your child will need to follow the program for several years.

### How can parents help?

Parents or guardians are very important coaches at home. Your child needs help with each part of the program. This includes:

- Following the Pediatric Elimination Program
- Sitting down together to practice the exercises
- Supporting your child

We ask both parent/guardians be at your child’s first session if able. The first session sets the groundwork and success of the program. Please make every effort for other plans for your child’s siblings during all sessions.

### Phone Numbers

Pediatric Urology Clinic: Mon-Fri 8:00am-4:30pm, **608-263-6420**

If you live out of the area, please call **1-800-323-8942**.