



## Aurora is here to heal

Our therapist, Joanna Landreth-Smith received her training in pelvic floor dysfunction at the Herman Wallace Institute at the John Hopkins Bayview Medical Center in Baltimore, Maryland.

She brings 16+ years experience treating children with pelvic floor dysfunction. Joanna has been successful in resolving children's constipation, day and night time leaking issues so that they can experience dry and stress-free days and nights.

## Contact Us

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## Wellness Solutions for Children Ages 5+

- Day and night-time bedwetting
  - Stool soiling
  - Constipation
- Urinary Tract Infections



Pelvic Solutions | Personalised Care



## Day and Night-time Bedwetting

By age five most children achieve bladder control - it is fairly common, more so in boys than girls. Without treatment, only 15% percent of children will become dry at night.

## Personal / Social Impacts

There can be serious psychological consequences if this goes untreated with older children. Embarrassment and self-awareness can hinder the child's social activities such as sports and get-togethers. This can lead to teasing and humiliation from other which can cause loss of confidence and self-esteem.

## Getting Started

A diagnosis from your doctor is the first step to wellness. Next, treatment may include physical therapy, behavioral treatment and medication.








## Personalized Care

At the Aurora Center, we understand the sensitive nature of urinary incontinence. Our priority is ensuring that you and your child are comfortable.

Treatment Sessions are always conducted by a skilled physical therapist in private one-on-one sessions. We conduct an evaluation with goal of providing customized and personalized solution that will be tailored to the specific needs of your child.

Research shows that between 5-7 million U.S. children suffer from bed-wetting daily

## Treatment Techniques

-  **Biofeedback Training** A non-invasive technique that uses sensitive equipment to determine contraction strength of the pelvic floor muscles. Awareness of muscle contraction strength is the first step in learning how to isolate and control the pelvic floor.
-  **Health Education** Learning about bladder health, pelvic floor muscles and normal voiding techniques.
-  **Bladder retraining and Behavior Modification**
-  **Dietary Changes** to mitigate bladder irritants.
-  **Kegels Exercises** Basic workout exercises to strengthen the pelvic floor muscles which help reduce incontinence symptoms.