



TWIN FALLS

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**Physical,
Occupational,
&
Speech
Therapy**

*providing
one-on-one
individualized care
for adult and pediatric
clients*

Bedwetting

Bedwetting (Enuresis) affects 5-7 million children in the United States.

It is important to remember that it is not a child's fault and can be very impacting psychologically with how you handle the situation.

Effects of Bedwetting:

- Poor self-esteem
- Frustration, anger, shame, and guilt
- Feelings of failure
- Laundry
- Embarrassment
- Not being able to attend social events
- Odors
- Being bullied and teased
- Psychological effects with lying and hiding



Causes of Bedwetting (Primary & Secondary):

- Overactivity of muscles
- Too much urine being produced at night time
- Immature sleep pattern that allows an uninhibited reflex contraction of bladder
- Diabetes
- Urinary tract or anatomic abnormalities
- Psychologic factors

Treatment of Bedwetting:

- Pelvic floor strengthening and muscle reeducation with physical therapy
- Behavior modification with diet, voiding habits and constipation management if needed
- Conditioning therapy with an alarm system

As a parent, having a child that has bedwetting complications is frustrating and you feel like you have tried everything and it still continues to happen.

Do you need some help and education?

Call us at Primary Therapy Source, 208-734-7333.

Treating You To A Better Life

www.primarytherapysource.com