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Subluxation Spoken Here

BEDWETTING & CHIROPRACTIC

ENURESIS (BEDWETTING) FACTS

Nocturnal enuresis is most prevalent in children up to 5 years of age at 5-10%. Only 3% of children age 10 have NE.

The establishment of continence is normal in children and to have it delayed for any period of time indicates an abnormal response.

The treatment of NE in the traditional medical model involves either medications or a sleep alarm to wake the patient prior to voiding. Both of these avenues have shown promise when they are being used however neither are permanent solutions. They must be stopped after a certain period of time and once the treatment ends the NE returns. The treatments provided by the medical system are not effective long-term treatments for NE.

Due to the inability for an effective cure to be found there is reason to believe that the traditional treatments are not looking in the right direction. Chiropractic does not look to treat any disease but to simply enable the body to function as it was meant to. A chiropractic approach involves addressing any underlying cause, specifically abnormal structural spinal shifts called subluxations that obstruct the nervous system and interfere with how the body functions.

Studies demonstrate that chiropractic adjustments to remove vertebral subluxations result in improved urinary function. Each of these studies reports similar findings, that after very few adjustments the frequency of NE decreases dramatically.

Findings such as these show that chiropractic can impact the abdominal visceral organs and provide a connection with the sympathetic and parasympathetic nervous systems. The autonomic nervous system has been found to affect the entire body including the abdominal viscera, and the musculoskeletal system.



CASE STUDY

The 6-year-old boy reported on in the study had enuresis, cold hands, and constipation. He also had headaches, ADHD, asthma, allergies, and earaches. He was wetting the bed every night, multiple times a night. His pediatrician prescribed eight medications for his symptoms.

The chiropractor examined him and found structural shifts in his neck and upper back. Abnormal muscle tension was noted in the neck, midback, and sacrum. X-rays and other testing confirmed these findings. These structural shifts can lead to obstruction of the nerves and it is this obstruction, called vertebral subluxations, that chiropractors correct.

Following chiropractic care, he experienced complete resolution of the enuresis, cold hands, and constipation. His other symptoms dramatically improved and his medication was discontinued.

The study's author called for additional research to investigate the clinical implications of chiropractic in this population.

Resolution of Nocturnal Enuresis, Constipation, Headaches, Allergies & Cold Hands in a 6-Year-Old Male Following Chiropractic for Vertebral Subluxation: Case Study & Review of Literature. Russell Herring, DC & Danielle Wright, DC. Journal of Pediatric, Maternal & Family Health, Chiropractic ~ Volume, 2020