

The effect of chiropractic treatment for primary nocturnal enuresis - a retrospective clinical trial.

Ailsa van Poecke MSc (Chiro) DC MSc (Paeds) and Christina Cunliffe DC PhD

ABSTRACT

Objective:

To evaluate the effect of chiropractic on the wet night frequency of children between 3 and 18 years treated for primary nocturnal enuresis (PNE).

Methodology:

Thirty three consecutive patient records dating over a 3 year period, of children aged 4.75-14years who had been treated for PNE using NeuroImpulse Protocol (NIP) methods were analysed . The records were analysed for a baseline wet night frequency (WNF) and at 3, 6, 9 and 12 months after the commencement of treatment. Data was also collected regarding the number of adjustments given and the presence of constipation and/or positive family history at presentation.

Results:

Of 33 patient records analysed, 22 showed resolution of PNE during the 12 months after commencement of treatment. The mean number of adjustments in the responders group was 2.05±1.33. Ten responders presented with constipation and a further 8 with a positive family history (FMH) of PNE. Resolution of constipation was imperative to the successful response to treatment. A combination of constipation and positive FMH at presentation represented a poor prognostic factor.

Conclusion:

This study outlines a promising new treatment in the management of PNE in the chiropractic setting which resulted in resolution of PNE and no relapse during the reviewed period.