



## Chiropractic Resolves Constipation and Bed Wetting

The prevalence of constipation in children ranges from 4-36%. Research has shown the peak incidence of constipation in pediatric patients is during toilet training when the child is 2 or 3 years old. Nocturnal enuresis (bed wetting) tends to be connected to constipation due to the stool in the rectum compressing the bladder.

The current study involved a 10-year-old patient who had been experiencing constipation four days prior to the chiropractic consultation. Her mother reported that her daughter had the urge to evacuate waste, but was unsuccessful.

Probiotics and other natural stool softening methods like castor oil and flax seeds had not been successful in reducing the patient's constipation symptoms. In addition, she had a history of nocturnal enuresis which dated back to when she started potty training.

Upon examination, the doctor of chiropractic found that the patient's left leg was shorter than her right leg. The doctor of chiropractic also found spinal misalignments in her neck and sacrum. The patient began chiropractic care and her neck and sacrum were adjusted using the Thompson Technique.

After her first visit, the patient was put on a management care plan where she was assessed one time weekly with reassessment every 12 weeks (three months). She received adjustments to her neck and sacrum over the four visits that followed.

Three days after the patient's first adjustment, her mother reported that about one hour after the adjustment, she had a bowel movement where she eliminated the waste that had built up over a four day period.



The patient also reported that she was not experiencing any more symptoms of pain and discomfort associated with constipation. At her second visit, two weeks after her first visit, the patient's mother reported that since her first adjustment the patient had not wet the bed once.

Shtulman, Ian, & Cunningham, Mia.  
"Resolution of Constipation and Nocturnal Enuresis in a 10-year-old Female Following Adjustment of Vertebral Subluxations: A Case Study." *Journal of Pediatric, Maternal, & Family Health*.  
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