

## Nocturnal Enuresis

### **Chiropractic management of primary nocturnal enuresis.**

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**Objective:** To evaluate chiropractic management of primary nocturnal enuresis in children.

**Design:** A controlled clinical trial for 10 wk preceded by and followed by a 2-wk nontreatment period.

**Setting:** Chiropractic clinic of the Palmer Institute of Graduate Studies and Research.

**Participants:** Forty-six nocturnal enuretic children (31 treatment and 15 control group), from a group of 57 children initially included in the study, participated in the trial.

**Intervention:** High velocity, short lever adjustments of the spine consistent with the Palmer Package Techniques; or a sham adjustment using an Activator at a nontension setting administered to the examiner's underlying contact point. Two 5th-year chiropractic students under the supervision of two clinic faculty performed the adjustments.

**Main Outcome Measures:** Frequency of wet nights.

**Results:** The post-treatment mean wet night frequency of 7.6 nights/2 wk for the treatment group was significantly less than its baseline mean wet night frequency of 9.1 nights/2 wk ( $p = 0.05$ ). For the control group, there was practically no change (12.1 to 12.2 nights/2 wk) in the mean wet night frequency from the baseline to the post-treatment. The mean pre- to post-treatment change in the wet night frequency for the treatment group compared with the control group did not reach statistical significance ( $p = 0.067$ ). Twenty-five percent of the treatment-group children had 50% or more reduction in the wet night frequency from baseline to post-treatment while none among the control group had such reduction.

**Conclusions:** Results of the present study strongly suggest the effectiveness of chiropractic treatment for primary nocturnal enuresis. A larger study of longer duration with a 6-month follow-up is therefore warranted.