

# BEDWETTING AND CHIROPRACTIC

HEALTH ISSUES #57

It is estimated that 20% of all children wet their beds on a regular basis and many of them continue to do so in the teen years. Enuresis refers to the inability of a child to establish proper bladder control. While chiropractic does not treat bedwetting (nocturnal enuresis), its focus on spinal structure and restoration of normal nervous system function has resulted in helping countless young people resolve this condition.

“The central nervous system plays a critical role in the regulation of the urinary bladder.”

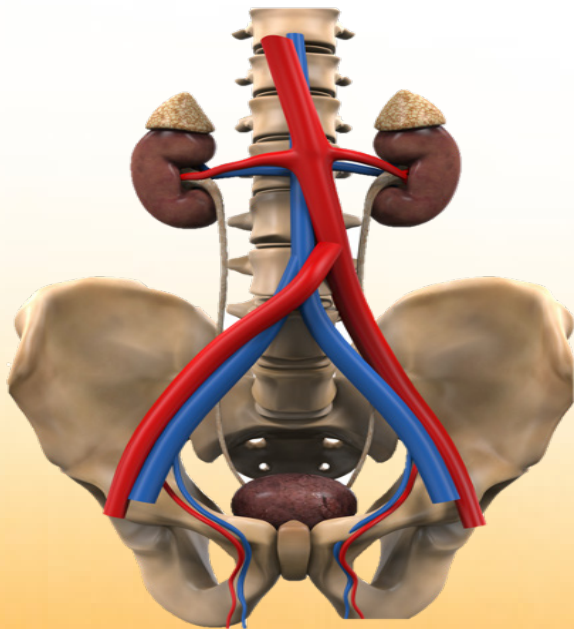
## FRONTIERS NEUROSCIENCE

Roy, H. Green, A. The Central Autonomic Network and Regulation of Bladder Function. 2019; 13: 535.

“The urinary bladder receives both autonomic and somatic nerve supply emerging from the lumbopelvic region of the spine.”

## EXPERIMENTAL PHARMACOLOGY

de Groat WC, Yoshimura N. Afferent nerve regulation of bladder function in health and disease. 2009;194:91–138



“A dysfunctional neurogenic bladder may occur when innervation from spinal connections is interrupted.”

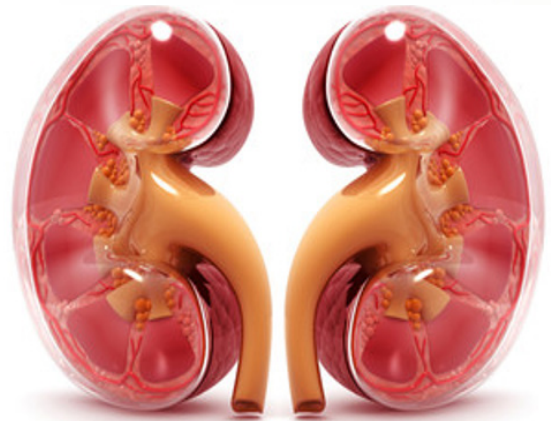
## NEUROANATOMY & NEUROLOGY

Chusid, J, (85)(146) 18th edition.

“Children and adults with urinary control issues frequently have postural alterations and neuromotor and sensory deficits associated with nocturnal enuresis or bedwetting.”

## JOURNAL OF PEDIATRIC NEUROLOGY

Pavione, R. Children With Nocturnal Enuresis Have Posture and Balance Disorders. 2016 Aug. (12)4 216



“Chiropractic adjustments achieved a 66% resolution rate within 1 year in 33 children and teenagers who had experienced nocturnal enuresis (bedwetting).”

## J MANIPULATIVE PHYSIOL THER

Van Poecke, A, Cunbliffe, C. Chiropractic for Primary Nocturnal Enuresis. 2009 Oct;32(8):675-81.

“Spinal adjustments have been shown to achieve excellent results in the improvement of bedwetting cases.”

## J MANIPULATIVE PHYSIOL THER

Kreitz, B, Aker P. (94) (17(7) 465-75  
Nocturnal enuresis and chiropractic.