

Teen Bedwetting: Function Restored

Bedwetting (nocturnal enuresis) can be challenging to live with. Not only can it disrupt our sleep but it can also affect our self-esteem, such that we feel helpless about the inability to control our bladder. So, what can we do to help regain that control?

A case study of a 17-year-old male suffering from bedwetting at least once a week was recently published. The young man had suffered from bedwetting since early childhood, often wearing pull-ups and soaking through them at night. He also complained about low back and upper back pain related to a sports injury. The patient had previously tried bedwetting alarm kits, medical care, and acupuncture without uncovering a resolution or any improvement. Next, the patient sought chiropractic care. The goal of his care was to remove subluxation (interference of the nervous system) and improve the overall function of the nervous system, therefore improving the function of the bladder. The patient had cervical, thoracic, and pelvic subluxations. The patient was cared for with gentle, specific adjustments over a four-month period. After the 12th visit, the patient stated that he had remained free from bedwetting since beginning chiropractic care and had experienced a complete resolution of his back pain.

The human body, particularly the nervous system, is built to function. The nervous system impacts all the functions of our body. When we allow subluxation to remain, we allow our body (and the communication within itself) to be hindered, often hampering our quality of life. When we remove what limits us, we can allow our body an opportunity to function at its best and give ourselves the life we deserve!

Shtulman I, Miller H, Alcantara J. Resolution of Nocturnal Enuresis, Dysponesis & Dysautonomia in a 17-Year-Old Male Following Chiropractic Care for Vertebral Subluxation. J Pediatric, Maternal & Family Health n.d.;2018:155-60.



**After 12 visits,
the 17-year-old
boy who
suffered from
bedwetting
stated he was
free from wet
nights!**



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