

Chiropractic Adjustments Reduced Urinary Incontinence

John Zhang, M.D., Ph.D., Logan College of Chiropractic, **Philip Haselden**, D.C., Private Practice, and **Rodger Tepe**, Ph.D., Logan College of Chiropractic

Urinary incontinence, inability to control urine while awake or asleep, is a common illness in the elderly. This study presents a Pro-Adjuster spinal approach to treat elderly and young patients with urinary incontinence. This management approach has not been previously reported.

METHODS

This study was a retrospective case series of clinical observation of patients with urinary incontinence after 1-8 weeks of treatment with Pro-Adjuster technique without any other additional pharmaceutical or physical therapy treatment. All patients were treated in the doctor's office. Standard office procedure was used to document patient status and consent for treatment. In this study, nocturia was defined as any void recorded between the usual time of sleeping and the usual time of awakening. Bladder control was assessed by patient reporting frequency of nocturia, frequency of urinary urgency, frequency of urinary leakage, and the number of pad changes per day. The primary outcome measure for this analysis was the frequency of nocturia, reported by the patients during each office visit to the chiropractic.

RESULTS

Data from a total of 14 patients (6 female, mean age of 61 ± 20 years old) were included in the study. After 1-8 weeks of chiropractic adjustments, the urinary frequency at night was significantly reduced from 3.8 to 1 time a night ($p < .001$). Three patients improved bladder control with only two adjustments. The child with bedwetting was under complete control. Two female elderly patients regained bladder control and no longer use urinary pads.

DISCUSSION

The study demonstrates that patients with urinary incontinence and nocturia had significant reduction in nocturia with Pro-Adjuster treatment without behavioral therapy or drug therapy. The adjustments given to these patients produced no reported side effects. The results provide evidence that Pro-Adjuster treatment may be useful in chiropractic clinics for management of urinary incontinence. These reductions in nocturia improved patients' quality of life. With regard to future research, large controlled and randomized studies should be conducted to confirm the beneficial effect of this type of adjustment in patients with bladder control problems.

Source: The Journal of Chiropractic Education: Volume 20, Number 1 (2006): p113.