

Sacro occipital technique (SOT) treatment of a 6-year-old female patient presenting with chronic bed-wetting (nocturnal enuresis): A case report

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Narrative: A 6-year-old female presented to this office with a history of routine bed-wetting sessions over a 6 week period. After the third office visit she went 6 days in a row without wetting the bed, which is the longest amount of time prior to chiropractic treatment.

She was seen two more times and by the fifth office visit was no longer wetting the bed. Even though a child will usually grow out of enuresis a short trial of Chiropractic management can be useful in building the child's self esteem and more quickly resolving the issue.

Indexing terms: Chiropractic; SOT; enuresis.

Introduction

A 6-year-old female presented to this office with a history of routine bed-wetting.

She seldom would go one night without bed wetting and it was causing her and her parents significant distress both due to the inconvenience and social reasons limiting her ability to sleep over at a friend's house.

Treatment and intervention

She was treated with SOT protocols with an emphasis on treating sacral obliquity, iliopsoas balancing, and category two (pelvic torsion and sacroiliac joint hypermobility) therapies.

Results and Outcome

After her first office visit she wet the bed seven out of ten days, with a two day period where she didn't wet the bed which represented a positive trend.

After the second visit the same pattern persisted. However, ten days later, after the third office visit she went 6 days in a row without wetting the bed, which is the

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longest amount of time prior to chiropractic treatment.

She was seen two more times and by the fifth office visit was no longer wetting the bed. Three years later her condition has stabilised and there has been no reoccurrence of any bed-wetting.

Conclusion

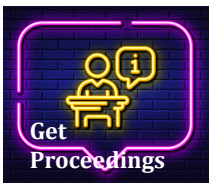
While in some cases a child will outgrow bed wetting the child and parents are usually not comfortable 'watching and waiting' since the condition often carries a stigma affecting the child's self esteem.

Chiropractic care, which is a low risk intervention, may represent a treatment option for children suffering from this often chronic condition.

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