

Chiropractic care of a 65 year old male patient presenting with benign prostatic hypertrophy (BPH) affecting urinary flow: A case report

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Abstract

Objective: To describe a chiropractic-intervention for a patient presenting with BPH affecting urinary flow treated with chiropractic manipulative reflex technique (CMRT).

Clinical Features: A 65-year-old male presented with a 6-month history of BPH adversely affecting urinary flow until 3-weeks prior to being seen at this office needing to be cauterised to urinate. The patient was seeing an urologist who suggested surgery but the patient was fearful of surgery.

Intervention and Outcome: The patient was assessed/treated with sacro-occipital technique CMRT care for an occipital-fibre-7/L5 interrelationship, specific CMRT reflexes for the prostate, and manually lifting the prostate off of the transverse urethral bar. After the first-treatment he had an urge to urinate, removed the catheter, but was unable to pass urine. Two-days later after his second-office visit he was able to remove the catheter and could freely urinate. He was treated periodically following the second-office-visit and found that as long as he was treated every 2-3 months he was able to urinate without a catheter. However after 5-years (last three years without treatment) the patient decided to have the surgery.

Conclusion: For a subset of patients with BPH, CMRT care might offer an option to surgery when there is patient resistance or contraindications.

Indexing terms: Chiropractic; SOT; BPH; Benign prostatic hypertrophy; CMRT care.



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