

# Decrease in allergies, nocturnal enuresis and sleep problems in a 3-year-old under chiropractic care: A case report

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**Abstract:** *Objective/Clinical Features:* A three-year old female presented for chiropractic care, with her mother citing primary concerns of allergies and a stuffy nose for the past two months. Secondary concerns included behavioural issues, poor sleep and a 6-7 month history of bed-wetting.

*Intervention/Outcomes:* A course of subluxation-based chiropractic care commenced, with torque release technique, toggle board and HVLA adjustments delivered in age appropriate measures. Chiropractic care was concomitant with an improvement in allergies and mood, decrease in temper tantrums and bed-wetting (nocturnal enuresis), and improved sleep.

*Conclusion:* This case report indicates that chiropractic care to reduce subluxations may result in improved immune system function as seen in the decrease in allergies in this case.

**Indexing Terms:** Chiropractic; Subluxation; Allerg\* Allergy, Allergic, Allergies); Behaviour; Nocturnal Enuresis.

## Background

While chiropractic care for infants and children is a common practice, especially in clinics where chiropractors have advanced training in paediatric chiropractic care, presentations vary greatly. Among these, while bed-wetting (nocturnal enuresis) and sleep problems are well-represented in chiropractic case-report literature, decreases in allergies are less so.

Among the available data are three case reports, all relating to children under the age of 8 who presented to a chiropractor with other presenting complaints. Notably, one such case report examined the care of an 8 year old who presented for care with a chief complaint of hip pain and a left-sided internal foot rotation. While under care, examination revealed significant allergies. Over thirty-eight weeks of subluxation-based care, her hip and foot problems had resolved, but a novel re-examination finding was that her IgE results had decreased. (1)

A second paediatric case report examined the subluxation-based care of a six year old who presented with multiple comorbidities including nocturnal enuresis, headaches,

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ADHD, asthma, allergies, constipation, earaches, and cold hands. (2) While he was medicated for many of these conditions at the beginning of his twenty-five session course of care, his progress report at the end of his care plan included a complete resolution of enuresis, cold hands and constipation, as well as an '80% reduction' in all other symptoms including allergies. (2) It is interesting to note the co-occurrence of nocturnal enuresis and allergies in this particular case report in relation to the present case report. While no link has been made between allergies and bed-wetting, both appear to have resolved or improved significantly concomitant with chiropractic care.

A final case report notable in relation to the current case report is that of a 4 year old suffering from eczema (often a manifestation of allergies) as well as allergies and insomnia. Notably, thermal scanning and surface electromyography demonstrated dysautonomia and dyspnea. (3) While again, significant improvements were noted under subluxation-based chiropractic care, the dysautonomia and dyspnea findings point to a potential link between balancing autonomic system function and increasing the child's ability to adapt to their environment (including the presence of allergens), but further research is required to ascertain and confirm such suspicions.

The case discussed in this paper also suggests allergies and nocturnal enuresis may benefit from chiropractic care.

### History and Examination

A three-year old female presented for chiropractic care, with her mother citing primary concerns of allergies and a stuffy nose for the past two months. Secondary concerns included behavioural issues, poor sleep and a 6-7 month history of bed-wetting.

The child's mother reported that the allergy issues had emerged in infancy, but that she had recently commenced under the care of a voice therapist for a hoarse voice, and that an ENT specialist had been consulted and reported that this may be the result of acid reflux.

The mother stated that the main aims for commencing chiropractic care were improved mood and attention.

Upon presentation, a thorough history and examination was taken, in which it was discovered that the child was in a baby seat that fell from a grocery cart and hit the floor when she was approximately 7 months of age. She had an unremarkable pregnancy and birth, other than the fact the mother was on anti-nausea medications.

The chiropractor performed nerve function tests via paraspinal thermography. A prone leg check revealed a short left leg (by one quarter of an inch). Dark circles were also observed under the child's eyes. Other findings included cervical syndrome (+ on the left), an external foot flare on the right, as well as a head tilt towards the left which coincided with a higher left shoulder. The child also had decreased occipital range of motion (C2) on the left as well as decreased range of motion in the left SI joint, and subluxations at T2-T5. Scans suggested the location and severity of the subluxations (image 1).

### Treatment

Following the examination, a course of care was recommended whereby the patient would undergo 2 sessions of chiropractic care (for the reduction of subluxations) per week for six weeks. The technique analysis used for this course of care was the Torque Release Technique. Adjustments were a combination of toggle board for upper cervical care), integrator instrument, Arthostim instrument, drop table for pelvic and sacral subluxations, and HVLA for the thoracic region.

After this initial phase of care, a re-evaluation was performed (see image 2).

## Outcomes

Two weeks into care, it was reported that her bed-wetting episodes were becoming more sporadic, and that such 'accidents' were mainly happening during the daytime. At the six week (twelve session) evaluation, significant changes were noted:

- ▶ Where prior to care, she was waking nightly due to a stuffy nose, she was now sleeping well and only had occasional stuffy nose episodes during the day. This revealed a significant improvement in the presentation of her allergies.
- ▶ She was no longer wetting the bed at all.
- ▶ Her mood had improved, and this coincided with a decrease in temper tantrums. The mother reported a '*dramatic change*' in the frequency of said tantrums and noted a positive change to her daughter's energy levels.
- ▶ While she still remained under the care of a voice therapist, the mother was extremely satisfied with the quality of her daughter's chiropractic care.

## Discussion

The broad nature of improvements in this case (ie. immune as seen in the improvement in allergies, as well as other improvements such a mood, sleep, bed-wetting and temper) may indicate that chiropractic care for the reduction of subluxations may result in improved immune function as well as general physical resilience and wellbeing.

While more research is required to examine the biochemical and neurophysiological mechanisms that may have contributed to the resolution of this patients symptoms, and case reports do not offer the ability to generalise, this and other case reports suggest that more research into allergies, nocturnal enuresis and other non-musculoskeletal childhood issues may be beneficial.

The improvement in end organ function (bladder) is also notable, as well as the neuro-spinal aspects which may have impacted mood and sleep. This is consistent with the chiropractic messaging around nervous system care being central to general health and wellbeing.

Further research into the neuro-spinal and end organ benefits of chiropractic care for children would be of benefit.

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## Images

Graph on (08/18/2014 11:20 AM)

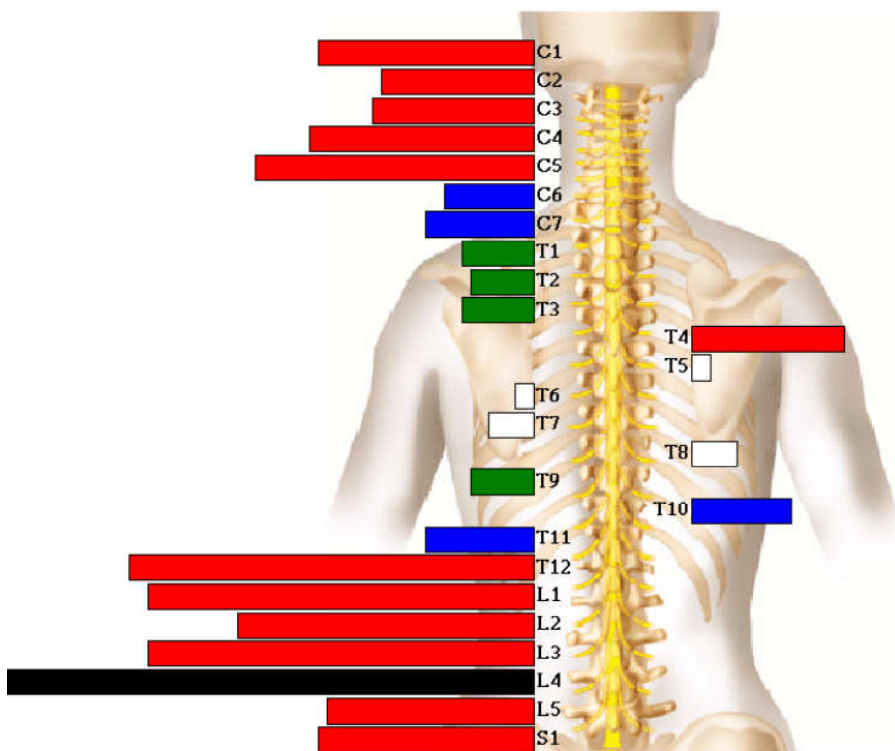


Image 1

Graph on (10/23/2014 11:28 AM)

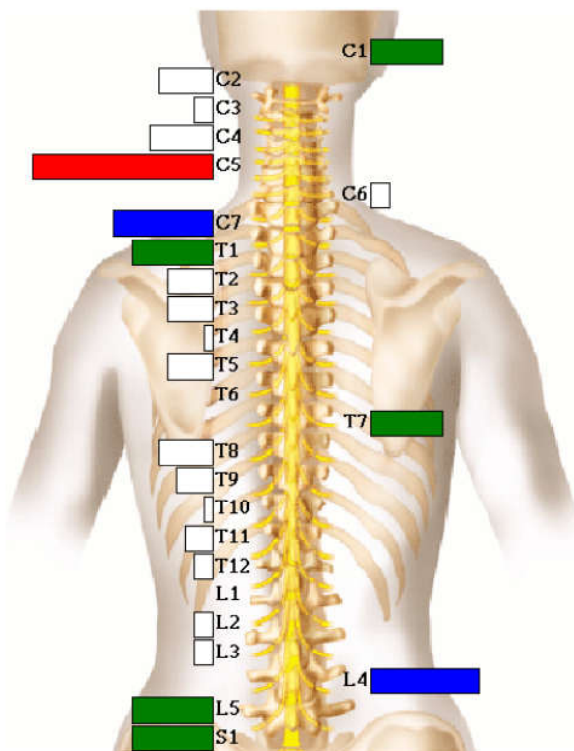


Image 2

Ed note: These are standard images within the practice of chiropractic and do not require an explanatory caption.

## References

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### *About the Chiropractor*

Dr. Bruce Steinberg graduated from the Palmer College of Chiropractic in 2006 and has been in practice since. He is a member of the *New York State Chiropractic Board*, the *International Federation of Chiropractic Organisations*, the *International Chiropractic Pediatric Association*, and more. His reputable career in chiropractic includes running a successful chiropractic practice, *Quantum Chiropractic*, and serving the chiropractic community through his involvement with foundations and organisations serving the profession locally and internationally.

### *About the Case Report project*

This Case Report is a part of the *ASRF Case Report Project 2021*, a project designed to gather client studies from chiropractors and transform them into much-needed case reports, focused on the effects of chiropractic care on clinical presentations highly relevant to chiropractic, such as stress, immunity and adaptability. This project was made possible by the generous fundraising and contributions of ASRF supporters.

