

PEDIATRIC ENURESIS PROTOCOL

While enuresis may be frustrating for both parents and children, it is not unusual up to about age 6.

CAUSES

- Small bladder size
- Delayed maturation of bladder and associated neurologic communication pathways
- Increased urine production
- Urinary tract infection
- Stress
- Constipation (acute or chronic)
- Deep sleep, insufficient sense of urgency to urinate to cause waking

UTI TREATMENT/PREVENTION

- D-Mannose powder: A naturally occurring sugar found in fruits such as cranberries, apples, and peaches. D-mannose helps to prevent UTIs by preventing the bacteria that causes UTIs (E. coli) from sticking to the walls of the urinary tract. The bacteria stick to the d-mannose sugar instead. With adequate hydration, the bacteria are then flushed out of the urinary system.
- ½-1 tsp. every 3 hours for 4 days
- ½-1 tsp. 3x daily for 3 days
- ½-1 tsp. once daily for 7 days

PHYSICAL TREATMENT

- Chiropractic Manipulation: 1-2 weekly until symptoms begin to improve, generally after 3-4 weeks
- Abdominal Massage
- Activities to stimulate LEFT of the body (RIGHT side of the brain)
 - Artistic activities such as drawing and crafts
 - Spinning to the LEFT
 - Playing catch-try to catch and throw with LEFT hand
 - Balance or hop on the LEFT foot
 - Brush teeth with LEFT hand
 - Tracing coloring book pages with LEFT hand, cutting paper with scissors in LEFT hand
 - Fun games or activities that utilize the LEFT hand for balance, coordination, and control...be creative and have fun!