



**TREATMENT OF ADHESIVE ARACHNOIDITIS (AA)**

Treatment of AA is done by a process or protocol. There is no “one” answer or remedy as there is, for example, insulin for diabetes or an antibiotic for an infection.

**THE PROCESS HAS 2 MAJOR COMPONENTS**



<b>No. 1 MEDICAL</b>
A. Suppression of Neuroinflammation
B. Regrowth of Damaged Nerves (“Neuroregeneration”)
C. Pain Control

<b>No. 2 SPECIAL EXERCISES</b>
A. Walking
B. Arm and Leg Stretching
C. Deep Breathing
D. Water Soaking
E. Paraspinal Massage



**DR. BEAK says,**  
 It is entirely unwise for an AA patient to skip or ignore any part of the process.

