



ADHESIVE ARACHNOIDITIS

Bulletin 2

January 2020

AA IS AN INFLAMMATORY DISEASE OF THE SPINAL CANAL

AA is an inflammatory disease process that merges or “glues” the cauda equina nerve roots to the arachnoid-dural covering of the spinal canal. This attachment of 2 different anatomic structures forms an inflammatory, adhesive “mass” that entraps nerve roots causing pain, spinal fluid obstruction, and dysfunction of nerves that control and operate the bladder, bowel, sex organs, legs, and feet. Unless the inflammatory-adhesive mass is controlled or suppressed, it may enlarge and progressively entrap more nerves in a manner analogous to how a cancerous tumor may enlarge.

*In these bulletins and website AA only refers to lumbar-sacral AA and no other anatomical location.



Dr. Beak

To control AA, you need 2 strategies.

- 1. Medications to control neuroinflammation and pain as well as regrow damaged nerve tissues.**
- 2. Physiologic measures to enhance spinal fluid flow, increase oxygen, reduce retained electricity, and maintain leg/foot function.**