



HOW TO BUILD YOUR "TAILOR-MADE" PROGRAM FOR AA

Adhesive arachnoiditis (AA) is always associated with inflammation of multiple tissues in and around the spinal canal. It has multiple causes and categories of severity. Consequently, NO "ONE FITS ALL", "cookbook" treatment will work. You must build your own "tailor-made" program.

BASIC PRINCIPLES IN PROGRAM BUILDING

1. It takes time and patience, but it is worth it! Keep it simple.
2. You must constantly try new medical and physical measures.
3. Discard (or reduce dosage/frequency) of any measure- medical or physical – that causes side effects or doesn't help after a 1-month trial.
4. Try one thing at a time, so you know if something works or not. "Trial and Error" is necessary.
5. Determine which physical measures work for you and that you will **HONESTLY** do every day. For example: rocking in a chair, trampoline walking, water soaking, magnet rub, walking, stretching.
6. Implement a care program that consists of 3 medical components: (1) suppress inflammation, (2) rebuild damaged tissue, (3) pain control plus physical measures to enhance spinal fluid flow and prevent physiologic impairments.
7. Make sure that about 2/3rds of your medications and physical measures don't require a professional medical visit or prescription.



There is no "one-way". Make it "Your Way".

Continually review and upgrade your program!



Published as a public service by the Arachnoiditis Research & Education Project of the Tennant Foundation

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