



ADHESIVE ARACHNOIDITIS Bulletin 4 January 2020

PHYSIOLOGIC MEASURES FOR ADHESIVE ARACHNOIDITIS (AA)

Our research indicates that some physiologic measures are just as important as medical measures in the control and treatment of AA. Over time, they may be more important than medication in preventing the complications of AA.

GOALS OF PHYSIOLOGIC MEASURES

1. Prevent Limb Paralysis
2. Enhance Spinal Fluid Flow
3. Maintain Electrical Conduction
4. Improve Oxygen Availability
5. Heal Damaged Nerve Tissue
6. Provide Nutritional Support

PHYSIOLOGIC MEASURES FOR DAILY USE: Start as soon as possible after a diagnosis of AA.

1. Stretch, extend, and flex arms, hands, legs, and feet
2. Walk with arms swinging
3. Rocking in chair or mild bouncing on a trampoline
4. Deep breathing and breath holding
5. Magnet rubs/copper jewelry (magnet with 10 lb. pull)
6. Water soaking in pool, tub, jacuzzi
7. Straight leg raising while reclining
8. High protein, anti-inflammatory diet with collagen supplements. Examples: meat, seafood, poultry, eggs, cottage cheese, vegetables, fruits.



Start physical
measures as soon
as you find out
you have AA.

Do some
every day!

