



SPINAL FLUID FLOW EXERCISES ESSENTIAL FOR AA TREATMENT

Exercises to promote and activate spinal fluid flow is a new concept in care of adhesive arachnoiditis (AA) and other spinal canal inflammatory disorders (SCID's). We consider them to be one of the three essential elements in AA treatment which are: (1) nutrition, (2) spinal fluid flow, and (3) medication.

FACTS ABOUT SPINAL FLUID: Spinal fluid is made in the brain and it enters a closed flow or “pipe” system that carries the fluid around the brain, and then down the spinal canal. It turns around at the bottom (lumbar-sacral) area of the spine and is PUMPED upward to return to the brain and neck. Then it is FILTERED by lymph nodes and emptied in the general circulation to be excreted by one’s kidneys. The spinal fluid has three major functions: (1) lubrication of the spinal cord and nerve roots, (2) carry nutrients including medications, hormones, and biologic chemicals to the cord and nerve roots, and (3) cleanse and wash away inflammation, toxins, and infectious agents.

Amazingly, spinal fluid is so precious to the function of the brain and spinal cord that new spinal fluid is made about every 4 to 6 hours. In other words, you have brand new fluid 3 to 4 times a day.

PROBLEMS FOR AA PATIENTS: AA is a result of inflammation in the cauda equina nerve roots and the arachnoid-dural covering. Nerve roots enlarge, displace, and form clumps. The canal covering will enlarge. These anatomic abnormalities are like boulders, logs, and dams in a creek. Fluid flow is diverted, backed up, and slowed down. Obstruction, disruption, or diversion of spinal fluid flow may cause any or all these problems.

<u>Problems</u>	<u>Symptoms</u>
Poor Healing, Poor Response to Medication, Increased Pain, Leakage, and Autoimmunity	Dizziness, Headache, Blurred Vision, Ear Ringing, Facial Pains

EXERCISES ARE SIMPLE AND CHEAP: Do some every day.

- ❖ Stand, extend arms straight up - hold for 10 seconds
- ❖ Walk with arm swings
- ❖ Rock in a rocking chair or swing
- ❖ Trampoline walking
- ❖ Deep breathe – hold for 5 seconds
- ❖ Rub magnet over spine

**John F. Kennedy’s physician,
Dr. Janet Travell, made him
rock in a chair every day!**



*Published as a public service by the Arachnoiditis Research & Education Project of the Tennant Foundation
336-338 S. Glendora Ave., West Covina, CA 91790-3043
Phone: 626-919-7476 Fax: 626-919-7497*

E-mail: tennantfoundation92@gmail.com www.arachnoiditishope.com www.intractablepainsyndrome.com

This information is not intended to diagnose, treat, cure, or prevent any disease, as this information is for educational purposes only, and is not a substitute for medical advice, diagnosis, or treatment. Please refer to your local qualified health practitioner for all medical concerns.