THE TENNANT PROTOCOL
FOR ADHESIVE ARACHNOIDITIS (AA)

A protocol is a process to identify and simultaneously administer multiple therapies against a disease or disorder to obtain a superior result compared to a single therapeutic measure. Years ago, I developed this 3-component protocol for intractable pain conditions: (1) control of pain, (2) suppression of inflammation and autoimmunity, and (3) restoration of damaged tissues.

Here is Our Starting Protocol for New MRI-Documented Cases of AA

#1 Control of Pain (Must have comfort to function and heal):

A. A short-acting opioid and a neuropathic agent

Opioids Choices: Tramadol, codeine, hydrocodone, oxycodone-acetaminophen, hydromorphone

Neuropathic Choices: Diazepam, clonazepam, lorazepam, alprazolam, gabapentin, baclofen, pregabalin

B. Options: Palmitoylethanolamide (PEA) with luteolin 600 to 1200 mg twice a day

C. Options: Low dose naltrexone 0.5 to 1.0 mg twice a day

#2 Suppression of Inflammation and Autoimmunity (Treatment of causation)

A. Daily protein (seafood, beef, poultry), and anti-inflammatory (fruits and vegetables). Sugar restricted foods. Vitamins C, B-12, D and minerals magnesium, selenium, zinc
B. Ketorolac 10 to 30 mg 1 to 3 days a week, plus methylprednisolone 4 mg 1 to 3 days a week, or dexamethasone .05 mg 1 to 3 days a week,
C. Options: diclofenac, meloxicam, pentoxifylline, acetazolamide, thymosin, KPV peptide
D. Choice: Supplement with one or more: curcumin, resveratrol, luteolin, glutathione, serrapeptase, andrographis, ashwagandha lysine

#3 Regeneration of Arachnoid Membrane and Cauda Equina (Attempt to gain some permanent recovery)

Choices

A. Spinal fluid flow exercises – swinging, rocking, trampoline, deep breathing, arm swings and physical exercise (walking, stretching, flexing, massage, weightlifting)
B. Choice: Daily supplement of colostrum, deer antler velvet, dehydroepiandrosterone (DHEA) or pregnenolone 100 to 200 mg twice a day
C. After stabilization on components one and 2, select one of two peptides and administer with the growth (anabolic) hormone HCG
   Peptides: BPC-157 with thymosin, or ARA 290
   Hormones: human chorionic gonadotropin (HCG)
   Add on option: Electro-medical measure