



## DISSOLUTION OF ADHESIONS

Several doctors have attempted to pull cauda equina nerve roots out of the inflamed, adhesive mass that is adhesive arachnoiditis. There have been a number of surgical techniques called thecoloscopy. None have caught on and only a few surgeons will attempt the procedure. Unfortunately, this surgical procedure may further damage some nerve roots in the surgical process. In summary: surgical treatment for AA is an experimental one that requires someone willing to take a risk.

**Pharmacologic Treatment:** A few years ago, French physicians found that a combination of pentoxifylline and vitamin E helped resolve epidural fibrosis. This condition is akin to AA in that it is a fibrous scar.

We are aware of some AA patients who have bettered themselves with the treatment:

1. Pentoxifylline, 400 mg twice a day
2. Vitamin E, 800 to 1000 mg a day

The trial is for 2 months. If you feel better, continue.

**Long Term Treatment:** Very acceptable. Continue as long as you feel a benefit.

**Why Treatment Works:** Pentoxifylline has an anti-inflammatory effect plus it enhances blood flow. With better blood flow some entrapped cauda equina nerves free-up, restore their integrity, and begin to transmit bioelectricity.

**Should You Try This Treatment?** Yes, if you are reasonably managing your pain and have an anti-inflammatory program in place.

**Experimental Procedure:** Besides the surgery mentioned above, there are some physicians who are trying hyaluronidase and other dissolvents. If one emerges as safe and effective, we will notify you.