



EXERCISES FOR PREVENTION OF FOOT AND LEG PARALYSIS

Our studies and observations of persons with adhesive arachnoiditis (AA) tell us that progressive foot and leg paralysis will develop unless some specific exercises are done each day.

PREVENTION OF LEG AND FOOT PARALYSIS (Stand while doing these exercises)

1. Stretch arms straight up and hold for 5-10 seconds. Repeat 3 to 4 times.
2. Raise one knee and leg at a time and hold for 5-10 seconds.
3. Flex your ankle and foot 5-10 times. Can repeat several times a day.
4. Walk with arms swinging only as far as energy will allow. Don't overdo.
5. Stand straight up with legs together. Look slightly upward for 10 seconds (military attention).

SPINAL FLUID FLOW ENHANCEMENT:

AA impedes spinal fluid flow like a boulder in a stream. Spinal fluid functions to bring in needed nutrients and medicinals and carry out toxins. Spinal fluid is totally replaced about every six hours. Alteration of normal flow may cause multiple central/head symptoms including headache, blurred vision, tinnitus, vertigo, nasal dripping, and possibly spinal fluid leaks. Do the following each day to enhance spinal fluid flow.

1. Rocking in a chair, 5 to 10 minutes
2. Walk with arm swings
3. Deep breathing, hold each breath for 5 to 10 seconds
4. Rock back and forth while standing

It is our belief that clean, moving spinal fluid helps keep intact the neurologic functions of the bladder, bowel, sex organs, legs, and feet. It also helps prevent leaks.

WALKING IS THE MAIN EXERCISE FOR AA

Prevention of leg/foot paralysis and enhancement of spinal fluid flow are both accomplished by walking.

Essential: Persons with AA should take at least two short walks a day (at least 100 feet) to preserve leg and foot function.