

## **THE SCREENING TEST FOR LUMBAR-SACRAL ADHESIVE ARACHNOIDITIS**

Adhesive Arachnoiditis (AA) in the lumbar and/or sacral region of the spine is a condition that is the result of nerve roots adhering or gluing to the arachnoid layer of the spinal canal covering due to inflammation and adhesions. When this inflammatory process happens, a typical set of symptoms occur which will both identify and separate the person with AA from those with back pain due to some other cause.

If a person with lower back pain answers yes to at least four of the seven questions in the screen below, they should be immediately evaluated by a physician to confirm a potential diagnosis of AA. Previously, AA has been considered a hopeless, untreatable disease that is progressive, debilitating and life-shortening. This perception of AA is both outdated and no longer accurate. Today, AA can be specifically diagnosed and treated. The earlier in the AA disease process that both confirmation of an AA diagnosis is determined, and treatment is initiated, the better the potential for relief and hope for eventual recovery.

	QUESTIONS	Yes	No
1	In addition to chronic pain, do you ever experience sharp, stabbing pains in your lower back when you twist, turn or bend?		
2	Do you ever experience bizarre skin sensations such as crawling insects or water dripping down one or both legs?		
3	Do you ever have burning, tingling, or a sensation of walking on broken glass in your feet and/or toes?		
4	Does your pain become worse while standing, sitting and/or walking?		
5	Do you have leg weakness and/or pain that radiates down one or both legs?		
6	Do you experience any bladder dysfunction such as dribbling, or difficulty when starting or stopping urination?		
7	Do you sometimes have a headache along with blurred vision?		

If you answered yes to four or more of these seven questions, you most likely have AA or some other neuroinflammatory disease of the nerve roots in your lumbar or sacral spine. Your physicians need to be informed of the results of this screening test as you need to obtain both a confirmatory diagnosis and a treatment plan that is specific for your condition.

This screening test was developed by the joint efforts of The Tennant Foundation and Arachnoiditis Society for Awareness and Prevention (ASAP).

**Special Note: This Clinical Screening test was developed by analysis of symptoms in 300 cases of lumbar-sacral adhesive arachnoiditis documented by Magnetic Resonance Imaging (MRI).**