

Current Medical and Physical Therapies for Adhesive Arachnoiditis

July 31st, 2026

8:00am-4:00pm

8:00-9:00am

Check-In and Coffee/light breakfast

9:00-9:30am

Welcome/Understanding AA

9:30-10:00am

PT Protocol introduction

10:00-10:45am

Panel Discussion

10:50-11:30am

Break-out session 1 (choice of 3)

Lunch

12:45-1:25pm

Break-out session 2 (choice of 3)

1:30-2:10pm

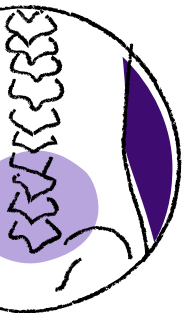
Break-out session 3 (choice of 3)

2:15-2:25pm

Closing remarks

2:30-4:00pm

Reception & Networking





Break-Out Sessions

Session 1: 10:50-11:30am

Session 2: 12:45-1:25pm

Session 3: 1:30-2:10pm

Movement is Medicine (1,3)


Dr. Thomas Danat

A hands-on workshop, this session introduces the first movement-based protocol for Adhesive Arachnoiditis, using specific strengthening and stretching to preserve a patient's quality of life. By restoring cerebrospinal fluid flow and disrupting the inflammatory cycle, these techniques move beyond sedentary care to provide a validated roadmap for neurological functionality. arachnoiditis patients.

Advanced Alternative Therapies (1,2,3)

Dr. Christian Milioto

This session investigates the powerful synergy between high-intensity laser therapy and spinal decompression for treating complex cases of neuropathy and adhesive arachnoiditis. Attendees will explore how these non-invasive technologies work together to quench neuro-inflammation, stimulate cellular repair, and physically decompress compromised nerve roots. The discussion focuses on practical, multi-modal protocols designed to restore function and provide long-term relief where traditional medicine often falls short.



Fueling Recovery: Anti-Inflammatory Dietary Protocols (1,2,3)

Dr. David Ditor

This breakout session covers the vital link between systemic diet and spinal health, highlighting how food acts as a metabolic signal for the immune system. We will discuss evidence-based strategies for using nutrition to improve patient mobility and manage chronic inflammatory markers.

A Patient's Journey (2)

Julie K. Utz

An intimate look at the path from surgery and chronic pain to the life-changing diagnosis of AA. I'll share how I navigated the complexities of a rare condition to reclaim my narrative, moving beyond a medical label to live a life of purpose and joy.
