



# Arachnoiditis

Arachnoiditis describes a pain disorder caused by the inflammation of the arachnoid, one of the membranes that surround and protect the nerves of the spinal cord. The arachnoid can become inflamed because of an irritation from chemicals, infection from bacteria or viruses, as the result of direct injury to the spine, chronic compression of spinal nerves, or complications from spinal surgery or other invasive spinal procedures. Inflammation can sometimes lead to the formation of scar tissue and adhesions, which cause the spinal nerves to “stick” together. If arachnoiditis begins to interfere with the function of one or more of these nerves, it can cause a number of symptoms, including numbness, tingling, and a characteristic stinging and burning pain in the lower back or legs. Some people with arachnoiditis will have debilitating muscle cramps, twitches, or spasms. It may also affect bladder, bowel, and sexual function. In severe cases, arachnoiditis may cause paralysis of the lower limbs.

Source: National Institute of Neurological Disorders and Stroke

## **National Institute of Neurological Disorders and Stroke (NINDS)**

<https://www.ninds.nih.gov/Disorders/All-Disorders/Arachnoiditis-Information-Page>

PO Box 5801

Bethesda, MD 20824

Phone: 301-496-5751

Toll-free: 800-352-9424

NINDS provides information about Arachnoiditis: symptoms, causes, diagnoses, prognosis, treatments, links to studies, and research literature.

## **National Institute of Health, Genetic and Rare Diseases Information Center**

<https://rarediseases.info.nih.gov/diseases/5839/arachnoiditis>

<https://www.rarediseases.info.nih.gov>

PO Box 8126

Gaithersburg, MD 20898-8126

Phone: 301-496-5751

Toll-free: 888-205-2311

Provides links to the databases: NLM Gateway, PubMed, OMIM, and ClinicalTrials.gov for more info on arachnoiditis.

**National Organization of Rare Diseases (NORD): Arachnoid Cysts**

<https://rarediseases.org/rare-diseases/arachnoid-cysts/>

**Arachnoiditis Society for Awareness and Prevention (ASAP) Facebook page**

<https://www.facebook.com/ArachnoiditisSocietyForAwarenessAndPrevention>

Email: [dawnzilla78@gmail.com](mailto:dawnzilla78@gmail.com)

**Spine Universe: Arachnoiditis**

[www.spineuniverse.com/conditions/spinal-disorders/arachnoiditis](http://www.spineuniverse.com/conditions/spinal-disorders/arachnoiditis)

**WebMD: Pain Management—Arachnoiditis**

<http://www.webmd.com/pain-management/guide/pain-management-arachnoiditis#1>

Discusses symptoms, causes and treatments.

**Arachnoiditis.co.uk: The Arachnoiditis Syndrome by Dr. Sarah Smith**

<http://arachnoiditis.co.uk/index.php/information/medical-papers-2/124-the-arachnoiditis-syndrome-dr-sarah-smith>

**Blogger on Arachnoiditis**

<http://arachnoiditisywv.blogspot.com>

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