

## PHYSIOTHERAPY

Posted by helen - 09 Oct 2009 12:22

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I've had three sessions of physio to try and release the tight muscles in my back, shoulders and neck. Unfortunately within hours of the treatment, which consists of heat, massage and manipulation, I suffer another horrendous arachnoiditis attack which leaves me bedridden. The Therapist has asked me to think carefully about having any more.

Any views, experiences would be appreciated - do I go on or stop!

(Sorry to ask so many questions, but I am deteriorating rapidly and am at my wits end!)

Thanks Helen

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## Re:PHYSIOTHERAPY

Posted by Catlover1 - 13 Oct 2009 11:25

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I would say: STOP!

One session was enough for me. A heating pad is a much better option, and I personally would never recommend physiotherapy for this pain. But this is only my personal opinion based on personal experience.

Keep well,

Elizabeth

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## Re:PHYSIOTHERAPY

Posted by helen - 14 Oct 2009 20:32

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Thanks Elizabeth I've taken your advice. Also had a chat with the head of dept who stated in her experience physio didn't help other patients with A who had been referred! (Note this was at a private hospital)

Helen

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