

Common Questions for Patients Considering MUA

What is MUA?

Manipulation Under Anesthesia, in use since the 1930s, is designed to break up fibrous adhesions and scar tissue surrounding the spine and nearby tissue. It is a non-invasive procedure that makes use of short lever manipulations, passive stretching, and defined articular and postural kinesthetic maneuvers. Manipulations are performed by MUA trained physicians, supported by a team that includes an anesthesiologist and fully trained surgical staff. MUA enables physicians to reconfigure the scar tissue that binds muscle fibers. By breaking up scar tissue and adhesions through gentle stretches, muscles are no longer restricted. As the muscle is freed up, patients gain range of motion; the ability to reach, bend, and twist without pain. The adjustments received using MUA are the same as those experienced during regular chiropractic visits, although they are used with less force simply due to the muscle relaxation the anesthesia provides. Treatment is repeated for three consecutive days in order to achieve the greatest possible gains without overtaxing painful muscles and joints.

How will I know if I am the right candidate for the procedure?

Your physician is trained to determine if you are the right candidate for this procedure and if you will experience the maximum benefits this procedure has to offer. The MUA procedure itself is associated with an excellent success rate following proper rehabilitation. Shoulders, hips, and knees often develop restricted range of motion due to the build-up of scar tissue from injuries or surgeries, and MUA can offer benefit for patients with pain refractory to conservative pain management.

How safe is it to be adjusted under anesthesia?

Patients are gently sedated in what is known as a "twilight state". The anesthetic agent produces relaxation in which the patient is still responsive and able to follow simple directions by the doctor. This is not the deep sedation that is commonly associated with invasive surgeries. Because patients are lightly sedated, they wake up quickly and are not subject to the complications associated with general anesthesia.

What happens after the procedure?

After the procedure is completed, the patient awakens and is taken to recovery, where he or she is carefully monitored by a trained nurse. Recovery time is generally 15-20 minutes. Patients cannot operate machinery or drive, for 24 hours after awakening from anesthesia. Each patient recovers from the MUA procedure differently. Some patients experience pain relief because their muscles are no longer restricted, while others have reported soreness due to the stretching involved in the procedure.

Following the three day MUA procedure, your physician will prescribe a focused rehabilitation program to cement the gains from the procedure.

For more information please consult with your physician.

Additional information can be found at the link below.
<http://www.muachicago.com>