

## Manipulation Under Anesthesia, MUA

Manipulation Under Anesthesia has been around since the late 30's. Scar tissue is formed as a result of muscular injury. These injuries form Fibroblastic Adhesions. These adhesions limit flexibility and create muscle stiffness. The scar tissue looks like a string stretched tight with olive oil all beaded up on it. MUA breaks loose these beads also known as adhesions. MUA is performed 3 times throughout a 3 day period. The process takes about 20 minutes each day. When MUA is administered it sounds like popcorn as the adhesions are broken loose. There is no pain resulting from this process and most insurance covers this procedure. We use a non-addicting anesthesia which wears off in approximately half an hour. We provide transportation to and from the MUA center and hotel accommodations are fully paid. During an MUA procedure the spinal areas (cervical, thoracic, lumbar, sacrum and hips) are all adjusted along with aggressive stretching of the shoulders, wrists, and, ankles. Please contact our office to find out availability for your insurance. People report that they feel younger and much more flexible after this procedure.

Please contact me at [doctorofthefuture1@yahoo.com](mailto:doctorofthefuture1@yahoo.com) for questions and to place orders.

© 2007 Dr. Nicholas Sheffer