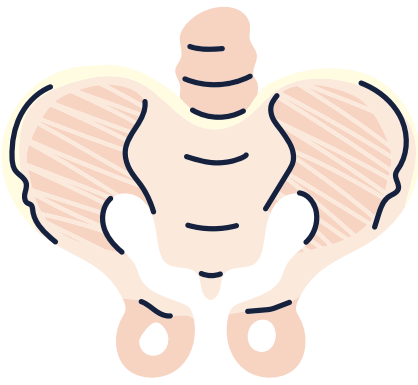


What is Axial Spondyloarthritis?



It is a painful chronic inflammatory disease that primarily affects the spine and sacroiliac joints

Symptoms

- Inflammatory back pain that improves with exercise, but not with rest
- Severe stiffness & reduced mobility
- Fatigue & difficulty sleeping
- Decreased quality of life Impaired social participation
- Impaired work & home productivity

Onset

Usually before the age of 45, often in the 20s



It a condition for life and during its course it may affect you differently at different times. The fitter and more flexible you are, the better able you will be to deal with your symptoms.

To manage your Axial Spondyloarthritis well it's not enough to rely on medication. You also have to exercise.

The aim of exercise for people with axial SpA (AS) is on improving or maintaining:

- Range of movement in joints
- Posture control
- Muscle strength
- Muscle length
- Lung capacity
- Balance
- Cardiovascular fitness

