

Information for Patients
**Physiotherapy Led Axial
Spondyloarthritis Clinic**
Physiotherapy Service

These are some option for further advice regarding management of your condition, including exercise.

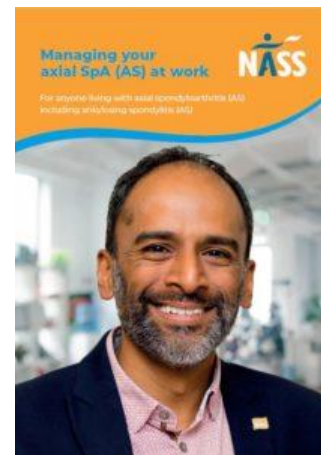
Please contact 01873 732300 if you have any questions.

NASS for everyone affected by Axial Spondyloarthritis: <https://nass.co.uk>

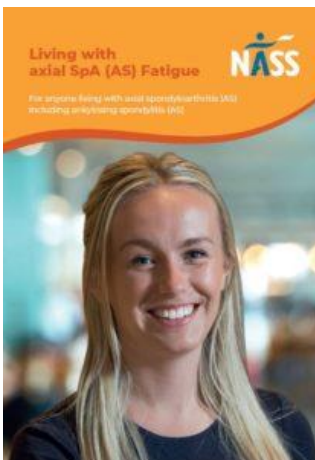
Guides available from NASS – links to download:



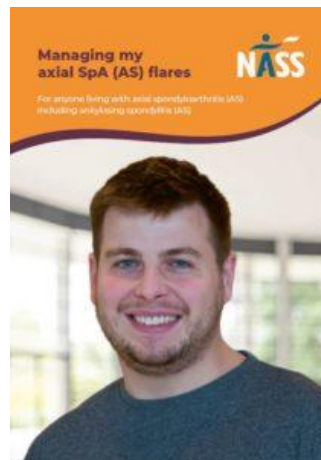
<https://nass.co.uk/resource/nass-guidebook/>
(Includes exercises)



<https://nass.co.uk/resource/nass-guide-to-managing-your-axial-spa-as-at-work/>



<https://nass.co.uk/resource/nass-guide-to-fatigue/>



<https://nass.co.uk/resource/nass-guide-to-managing-your-flares/>



<https://nass.co.uk/resource/nass-guide-to-uveitis/>



<https://nass.co.uk/resource/nass-guide-to-biologic-therapy/>

New guides to living with axial SpA (AS) – To download the printed version of these guides:

<https://nass.co.uk/news/new-guides-to-living-with-axial-spa-as/>

Stretches for your daily life – Exercise videos on the NASS website:

<https://nass.co.uk/managing-my-as/exercise/stretches-for-your-daily-life/>

ASone – Website for “younger people” by NASS:

<http://asone.nass.co.uk>

Versus Arthritis for information:

<https://www.versusarthritis.org>

[https://www.versusarthritis.org/about-arthritis/conditions/ankylosing-spondylitis/#ankylosing-spondylitis-\(as\)_exercise](https://www.versusarthritis.org/about-arthritis/conditions/ankylosing-spondylitis/#ankylosing-spondylitis-(as)_exercise)

ABUHB Rheumatology web pages:

<https://abuhb.nhs.wales/hospitals/a-z-hospital-services/rheumatology/>

Rheumatology Advice Line: 01873 732046