

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

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

Please contact 01633 742027 if you have any questions.

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

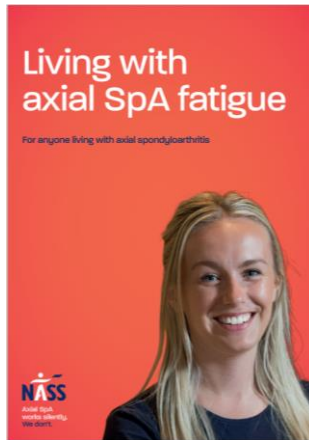
Guides available from NASS – links to download for free:



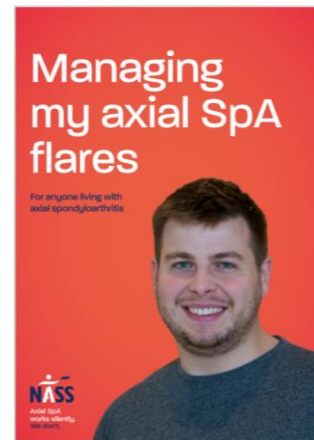
<https://nass.co.uk/wp-content/uploads/resources/AS-Living-Well-01.22v3-FINAL.pdf> (Includes exercises)



<https://nass.co.uk/wp-content/uploads/resources/AS-Managing-at-work-02.22v3-FINAL.pdf>



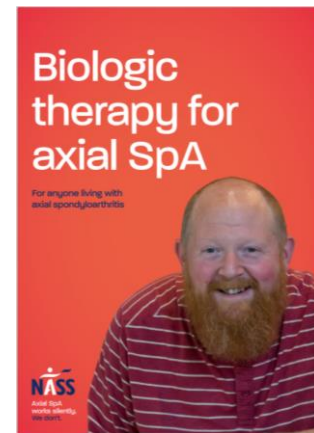
<https://nass.co.uk/wp-content/uploads/resources/AS-Fatigue-booklet-12.21-Spreads-22.12.21.pdf>



<https://nass.co.uk/wp-content/uploads/resources/AS-Flares-02.22v5-FINAL.pdf>



<https://nass.co.uk/wp-content/uploads/resources/AS-Uveitis-01.22-v8-FINAL.pdf>



[AS-Biologic-Therapy-02.22-proof-v4-FINAL.pdf](#)

There are further resources available through this link:

[Living with axial SpA | National Axial Spondyloarthritis Society \(nass.co.uk\)](https://nass.co.uk/living-with-axial-spa)

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

[Living with axial SpA | National Axial Spondyloarthritis Society \(nass.co.uk\)](https://nass.co.uk/living-with-axial-spa)

Your SpAce is for anyone with axial spondyloarthritis (axial SpA), including ankylosing spondylitis (AS). Whether you've just been diagnosed or you've been living with the condition for years, also by NASS:

[Your SpAce | National Axial Spondyloarthritis Society \(nass.co.uk\)](https://nass.co.uk/your-space)

Versus Arthritis for information:

[Versus Arthritis | A future free from arthritis](https://versusarthritis.org/a-future-free-from-arthritis)

[Ankylosing spondylitis | Symptoms, causes, treatments \(versusarthritis.org\)](https://versusarthritis.org/ankylosing-spondylitis-symptoms-causes-treatments)

ABUHB Rheumatology web pages:

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

Rheumatology Advice Line: 01873 732046

“This document is available in Welsh / Mae'r ddogfen hon ar gael yn Gymraeg”