

Helpful tips for managing ankylosing spondylitis (AS)

There are several steps to take that can help you manage your chronic condition. Work with your rheumatologist to ensure these steps are right for you.



Lifestyle

Ask your doctor if any of these changes could help relieve your symptoms:

- **Discuss** whether exercise could help reduce pain, stiffness, and retain flexibility
- **Find out** if dietary changes and maintaining a healthy body weight could help manage your symptoms, including joint pain
- **See** if there are changes you can make to your posture, like keeping your back straight, that could also help



Get support when you need it

At certain times, you may need additional help moving comfortably with AS.

Talk to your doctor about:

- Physical therapy and whether it can help relieve pain, strengthen back muscles, improve core and abdominal strength, and maintain and improve flexibility in the joints
- Assistive devices such as wheelchairs, scooters, walkers, and crutches, that may help relieve pain and help you move safely



Share with others

It's not always easy, but here are some steps to take to help start the conversation.

- **Ask** yourself who you are sharing with, what your relationship is, and why you want to share with this person
- **Describe** how the condition affects daily activities
- **Think** about the most important thing you want this person to know