

Helpful tips for managing non-radiographic axial spondyloarthritis (nr-axSpA)

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

Talk to your doctor about incorporating these lifestyle changes into your routine. They may improve movement and reduce symptoms.

- **Exercise** can help maintain mobility and flexibility
- **Physical therapy** can help with stretching and strength
- **Find out** if an anti-inflammatory diet may play a role in managing symptoms



Hot and cold remedies

Using hot and cold packs or creams can help when you are feeling stiff or sore.

- **Applying** heat to stiff joints and tight muscles can help reduce pain and soreness
- **Using** cold can help reduce swelling and muscle inflammation



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