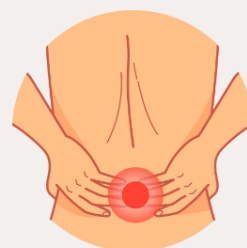


## Axial Spondyloarthritis (axSpA)

### Axial Spondyloarthritis

What Happens During a Flare<sup>1,2,3</sup>



**Back pain & stiffness**



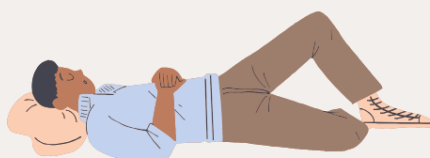
**Psoriasis**



**Heel pain**



**Fatigue**



**Increased pain with rest**



**Relief with exercise**

### Commonly Affected Activities & Functions in axSpA<sup>4</sup>



**Walking**



**Lifting**



**See a Rheumatologist if you are experiencing any of these.**

**References:**

1. Garrido-Cumbers et al. The European Map of Axial Spondyloarthritis. Capturing the Patient Perspective - an Analysis of 2846 Patients Across 13 Countries. Current Rheumatology Reports 2019-21-19.
2. A Winkler, et al. Update on Axial Spondyloarthritis. Mo Med. 2022 Jan-Feb; 119(1): 79-83.
3. R Barnett, et al. Understanding flare in axial spondyloarthritis: novel insights from daily self-reported flare experience. Rheumatol Adv Pract. 2021; 5(3): rkab082.
4. Max MH Teuwen, et al. Functional limitations of people with rheumatoid arthritis or axial spondyloarthritis and severe functional disability: a cross-sectional descriptive study. Rheumatol Int. 2024; 44(1): 129-143.

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11219309-JUN2024-JUN2026

## **Understanding Axial Spondyloarthritis (axSpA) Back Pain and Flares**

Living with Axial Spondyloarthritis (axSpA), a condition causing chronic back pain, can be challenging. Unfortunately, diagnosing this inflammatory arthritis is also difficult. It's not always visible in imaging tests, making it a 'hidden' disease for many. Young adults often endure debilitating back pain and stiffness that significantly affects their quality of life before a diagnosis is even made.



## **Managing Axial Spondyloarthritis (axSpA) Back Pain with Exercise**

Exercise plays a key role in managing axial spondyloarthritis (axSpA). By doing light to moderate exercises, you can improve your mobility, posture, muscle strength, balance, and overall health. It also aids in managing pain, fatigue, and stress.

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