

Ankylosing Spondylitis (AS) and Inflammatory Spondyloarthropathies Educational Resources (ver. 5 Nov 2022)

- [We Got Your Back \(UHN Online Educational Module on Ankylosing Spondylitis\)](#). Short url: <https://bit.ly/2MleFOn>
- [Ankylosing Spondylitis information Booklet](#) (PDF via University Health Network)
- [What is Ankylosing Spondylitis?](#) via NASS UK
- [How to manage an AS flare?](#) (PDF via NASS UK)

Exercise and Ankylosing Spondylitis:

- [Arthritis Australia Exercise Handout for Spondylitis patients](#) (4 page PDF)
- [The NASS guide to exercising effectively and safely for people with Ankylosing Spondylitis](#) (78 page-Booklet - PDF)
- [Handout that patients can give to exercise personnel, instructors and trainers to help orient them on ankylosing spondylitis so they can provide safe instruction and training](#) (PDF via NASS-UK).
- [Exercise video series via NASS UK](#). Short website link version: <https://bit.ly/3Uailue>

Spondylitis Societies:

- [Canadian Spondylitis Association \(CSA\)](#)
- [National Ankylosing Spondylitis Society \(NASS-UK\)](#)
- [Spondylitis Association of America](#)

Other Spondyloarthropathies:

- [Inflammatory Bowel Disease Related Arthritis \(PDF via Crohn's and Colitis Foundation\)](#)
- [Reactive Arthritis Fact Sheet](#) (PDF via American College of Rheumatology)

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ClinicVisit.ca (Patient Education Resources)