

# AS Exercises around the world

## www.nass.co.uk

NASS – The UK AS society has exercise videos that can be found on the NASS website, under the tabs “Managing my AS” then “Exercises” and then “stretches for your daily life,” to find 11 short videos and another 22 videos “Back to Action” (part 2).

By selecting “Managing my AS” then “Exercises” then “Physiotherapy” you can access and download “Back to Action” parts 1 & 2.



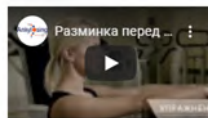
## asif.info

The Axial Spondyloarthritis International Federation has links under the heading “Resources” to:

- NASS “Back to Action,”
- YouTube AS exercise videos prepared by the Turkish Society for Rheumatology (In English)
- YouTube AS exercise videos prepared by the AS Association of the Russian Federation (In Russian)



AS Stretching Exercises



Warm up before classes physical therapy (physical therapy) Bechterew's disease

## www.rheumafit.ch

The AS Association of Switzerland (SVMB) has an online platform with three exercise videos of approximately 20 minutes each for the whole body, the back, and the neck. There is free registration which allows for personal interaction with the website. This has recently been translated into English. It is also available in French and German.



Strengthening “Power”  
Physiotherapist Susanne Leemann



Flexible back  
Physiotherapist Matthias von Rohr



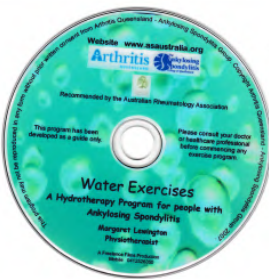
Neck exercises to break up your day  
Physiotherapist Melanie Hempel

## www.spondylitis.org

The American Society has recently updated their exercise DVD “Back in Action Again” however to access in full you must be a member or purchase it. Details can be found at “About Spondylitis” then “Education material.”

## www.asaustralia.org

The AS group of Queensland has produced both a land and a pool exercise DVD available from the AS Australia website.



## www.arthritisaustralia.com.au

Arthritis Australia has a DVD you can watch on their site or buy. To find go to “Get Support” then “Resources” then “Working out with Michael Slater.”

