



Ankylosing Spondylitis Special Interest Group (ASSIG)

LINKS and RESOURCES - FOR PATIENTS

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| AS Australia | http://www.asaustralia.org/ | Australian patient support group, including local contacts. Also available are DVDs of land and pool exercises , developed by the AS group of Queensland and physiotherapist Margaret Lewington. |
| Ankylosing Spondylitis Association of Ireland | http://www.ankylosing-spondylitis.ie/ | Irish patient support association; comprehensive website includes self-management information such as a detailed section on posture, and an app (Supporting & Understanding AS, SUAS) to help with self-management |
| Ankylosing Spondylitis International Federation - ASIF | http://www.asif.info/en/ | International network of patient support groups aiming to increase public awareness of AS. Website includes patient and health professional resources. |
| Arthritis Australia | http://www.arthritisaustralia.com.au/ | Includes patient information sheets, plus printable exercise sheets and a DVD - Working Out with Michael Slater (also listed below) |
| Australian Physiotherapy Association | https://www.physiotherapy.asn.au/APAWCM/Controls/FindAPhysio.aspx | Website for the Australian Physiotherapy Association, which includes a 'Find a Physio' listing for physiotherapists who are APA members |
| Australian Rheumatology Association | http://rheumatology.org.au/community/index.asp | Information sheets on medications and conditions, and a Find a Rheumatologist section |
| Don't Turn Your Back On It | http://www.dontturnyourbackonit.com.au/ | Collaboration between Arthritis NSW and Abbvie, aimed at raising awareness of inflammatory back pain diagnosis |

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| iAnkylosing Spondylitis app | Via app store | This is a free app, aimed at people who have spondyloarthritis. It provides factual information about the condition and includes a selection of animated exercises . (A pro version is also available). |
| Living with inflammatory arthritis: Ankylosing Spondylitis | http://ausrhp.com/research/ | Information booklet for patients, families and carers, by Dr Lionel Schachna, Margaret Lewington, Arthritis NSW Education Committee and staff and Diana Aspinall. |
| National Ankylosing Spondylitis Society (NASS) UK | http://nass.co.uk/ | UK patient support organisation; comprehensive website includes downloadable guidebooks and ' Back to Action ', a comprehensive exercise resource available in downloadable or app formats |
| Spondylitis Association of America | http://www.spondylitis.org/main.aspx | Another informative website directed towards people who have spondyloarthropathy; a quarterly e-newsletter is available |
| Working Out with Michael Slater | http://www.arthritisaustralia.com.au/ | Follow the link on Arthritis Australia's home page for this exercise video featuring Michael Slater and physiotherapists Margaret Lewington and Tony Morley |