



Ankylosing Spondylitis Special Interest Group (ASSIG)

LINKS AND RESOURCES - FOR HEALTH PROFESSIONALS

Title	Link	Description
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 downloadable assessment forms and other health professional resources.
AS Australia Land Exercise DVD	Available from the AS group of QLD www.asaustralia.org	A land exercise program , developed by the AS patient support group of QLD. Approx. 45 mins of exercises in various chapters, showing people with AS doing the exercises, led by physiotherapist Margaret Lewington.
AS Australia Water Exercises for AS DVD	Available from the AS group of QLD www.asaustralia.org	A physiotherapist led group exercise pool session for people with Ankylosing Spondylitis. Includes underwater footage, descriptions of exercises, and interviews with some participants. Developed by the AS group of QLD and physiotherapist Margaret Lewington.
Assessment of SpondyloArthritis international Society (ASAS)	http://www.asas-group.org/mission-statement.php	Organisation aimed at supporting and promoting the study of Axial and Peripheral Spondyloarthritis; includes resources such as slides & a downloadable assessment handbook
AStretch (UK)	http://www.astretch.co.uk/	AS Physiotherapy website; includes a downloadable pdf document of the Bath indices (in the outcome measures section)
'AS you see it' portal	http://www.iaysi.com.au/HCPInfo.aspx	Site aimed at health professionals, includes online video seminar + links to other resources

Exercise for Ankylosing Spondylitis: an Evidence-based Consensus Statement	http://www.semarthritisrheumatism.com/article/S0049-0172(15)00201-2/abstract	A set of ten recommendations to guide aspects of exercise prescription, based on available evidence combined with the opinion of a group comprising mainly ASSIG members. The information is available as an 'open access' document, and includes an exercise framework that can be adapted for other chronic conditions.
National Ankylosing Spondylitis Society (NASS) UK	http://nass.co.uk/health-professionals/	Health professionals' page on the UK-based patient support site. Includes a selection of downloadable resources . An exercise resource for people with more advanced AS (called Fight Back) is available on DVD. HPs may also sign up for an e-newsletter.
GRAPPA (Group for Research and Assessment of Psoriasis and Psoriatic Arthritis)	http://www.grappanetwork.org/	GRAPPA is organized exclusively for non-profit, educational, and scientific purposes, specifically to facilitate sharing of information related to psoriasis and psoriatic arthritis .
iAnkylosingSpondylitis Pro	Via App Store	This is the pro version of an education app for AS . It includes 3D animations on anatomy, pathology, diagnosis (including imaging and differential diagnosis), assessment (including printable forms) and treatment
Mobility assessment measures	https://www.youtube.com/watch?v=B9RaFB5BwrQ&list=PLB376ABEAA66A984D	Videos of how to perform the measures that make up the Bath Ankylosing Spondylitis Metrology Index (BASMI)
SPARTAN – Spondyloarthritis Research and Treatment Network	http://www.spartangroup.org/	SPARTAN is a network of health care professionals in North America who are dedicated to research, awareness and treatment of spondyloarthritis. SPARTAN is funded through educational grants from companies with an interest in this area of medicine.