

# Evidence Based Physiotherapy Treatment for Ankylosing Spondylitis

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**Complications of Ankylosing Spondylitis:** Ankylosing spondylitis (AS) triggers painful inflammation throughout the body mostly centered in the back and buttocks. As the disorder progresses, symptoms can spread, with pain and inflammation.

As the condition progresses, unchecked inflammation can contribute to other complications such as neurological, cardiovascular, and pulmonary changes.

During early stages of AS, spinal bones or vertebrae gets thinner in some people and becomes weak, and be more likely to fracture or break. A fractured bone in your spine can cause nerve damage.

Eye inflammation called acute iritis can cause pain and may blur your vision or make you sensitive to bright light (photophobia).

Inflamed aorta can enlarge up to extent such that it changes the shape of the aortic valve in the heart, which impairs its function and can leave you tired and short of breath. It can make you slightly more at risk of heart attack or a stroke.

## What Causes Ankylosing Spondylitis

Actual cause is not yet confirmed but ankylosing spondylitis (AS) is likely to be caused by a combination of genetic and environmental factors.

People with variation of HLA-B gene called HLA-B27 are more likely to be at the risk of developing this disorder. Although many

**Physiotherapy treatment for AS:** Physical therapy plays a