

Welcome to the: Orthopaedic Opinion Online Website

The website for the answer to all your Orthopaedic Questions

- **Orthopaedic Opinion Online** is a website designed to provide information to patients who have orthopaedic and musculoskeletal problems and are undergoing treatment.
- **Patient information** is provided in the form of downloadable information sheets.
- **Orthopaedic advice** and second opinions can be provided by our expert internationally renowned Consultant Orthopaedic Surgeons.
- **Online review** of patients' X rays or MRI scans can also be provided and any proposed treatment plans reviewed.
- **Book a clinical consultation** with one of our internationally renowned consultant orthopaedic surgeons in Bristol or London.
- **Orthopaedic reports** can be provided for Injury or Accident Claims and Medical Negligence claims.

This Patient Information Sheet is provided by Orthopaedic Opinion Online

Ankylosing Spondylitis

Link - <http://www.arc.org.uk/arthinfo/patpubs/6001/6001.asp>

Ankylosing spondylitis

Key words: Ankylosing spondylitis, back pain, back stiffness, X-ray of spine

Summary

Ankylosing spondylitis (AS) principally affects the spine and could lead to severe stiffness of the back. This booklet gives you information about the complaint and how it may affect your health and activity. It deals with how to look after yourself, different forms of treatment, and offers advice about posture, exercise, occupation and inheritance.

What happens

Spondylitis comes from the Greek word for vertebra (spondylos) and means inflammation in the joints of the spine. As the inflammation reduces and healing takes place, bone grows out from both sides of the vertebrae and may join the two together; the stiffening this causes is called ankylosis.

The cause is not yet known. Occasionally more than one member of a family may get it as there is a hereditary factor. AS is not infectious nor contagious, nor can it be caused by athletic activity or injury.

However, symptoms sometimes follow unusual exertion or strain, which may be blamed at first. Typically, it attacks young men but can also occur in women.

Disclaimer: The views expressed in this article are not necessarily those of Orthopaedic Opinion Online or the author. The information is provided for general background reading only and should not be relied upon for treatment. Advice should always be taken from a registered medical practitioner for individual circumstances and for treatment of any patient in any circumstances. No liability is accepted by Orthopaedic Opinion Online, or the author in respect to the information provided in respect of the content or omission or for any reason or as a result of treatment in individual circumstances. This information is not for use in the USA.