

## Stretching Exercises For Ankylosing Spondylitis

### 1 Seated Rotation

- Sitting straight on a chair with your head facing forward, place your left arm behind your left buttock and your right hand on your left knee.
- Rotate your trunk looking over your left shoulder until you feel a slight stretch but are still comfortable. Hold position for a few seconds.
- Swap sides and repeat exercise. Complete two turns per side.



### 2 Head turning

- Sitting on a chair, slowly turn your head to look over your shoulder while keeping your trunk facing forward. Place your left hand behind you to stop extra rotation. You may place your right hand on your left jaw to help your head turn a little further.
- Slowly turn your head back to the centre and repeat on the other side. Repeat the exercise twice on each side.



### 3 Truck curl and stretch

- Begin sitting in a chair in an upright position facing forward with your hands on your knees. Slowly roll down the spine one section at a time, running your hands down the legs until you feel a stretch through your spine.
- Let your head hang heavy and hold for a count of 10.
- Slowly roll your spine back to an upright position, bringing your palms facing forwards and feeling a stretch across the chest. Repeat the exercise.



### 4 Full back stretch

- Beginning in a four-point kneeling position with your hands directly under your shoulders and knees directly below your hips, slowly bring your bottom towards your heels and your chest towards the floor as you breathe out.
- Slowly move back to the starting position and repeat the exercise, trying to stretch back a bit further each time.



### 5 Back arch

- Lay down flat on your stomach and raise the top half of your body slightly off the floor by propping up your elbows. Sink your spine, chest and shoulder blades down toward the floor. Hold for a few seconds.
- Relax and lower your body back down, returning to a flat position on your stomach. Remain here for a few seconds then repeat exercise.



## Strengthening Exercises For Ankylosing Spondylitis



### 1 Bridge

Lying on your back, bend the knees and place feet flat on the floor. Lift the pelvis and the lower back off the floor. Hold for 5 seconds, then lower down slowly.



### 2 Hip and pelvis rotation

Lie on your back with hands above your head. Bend your knees and roll them slowly to one side. Hold for 5 seconds and then return the knees to centre. Repeat 5 times on each side.



### 3 Superman

Kneel on the floor on all fours. Lift your right arm and left leg until they are parallel to the floor. Lower and repeat with the other arm and leg. Repeat 5 times on each side.