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Reproduced With Permission From The UK's National Ankylosing Spondylitis Society (nass). A Positive Response To Ankylosing Spondylitis: Guidebook For Patients, Answers And Practical Advice. Exercises And Guidebook Available From The Society's Website ([www.nass.co.uk](http://www.nass.co.uk)). These E 1th, 2024

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Vised Exercises Has Been Underlined [8,9]. Recently, The Ankylosing Spondylitis International Federa - Tion (ASIF) Published Recommendations For AS Concerning Behavior And Environmental Adapta-tions Including Exercises, Sports And Recreational Activities, And Suggested That Daily Disease-specific Exer 4th, 2024

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Aerobic Exercises Such As Swimming And Walking In Addition To CE Increased Functional Capacities Of Patients. KEY WORDS: Spondylitis, Ankylosing - Exercise Training - Swimming - Aerobic Exercise. A Nkylosing Spondylitis (AS) Is A Chronic Inflam-matory Disease Of The Axial Skeleton With A V 4th, 2024

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### **29 - Ankylosing Spondylitis Of The Thorax**

Exercises, Sports And Swimming Are Strongly Recommended. Significant Involvement Of The Costovertebral Joints May Affect Their Mobility, And Care Should Be Taken To Prevent This. Deep Breathing Should Be Practised Regularly And Can Be Assisted By A Therapi 3th, 2024

### **Ankylosing Spondylitis - Osteoarthritis**

Who Gets Ankylosing Spondylitis? Symptoms Usually Develop Between The Ages Of 15 And 35, Rarely Older Than 40 Years. Men Are Generally More Severely Affected Than Women, The Reasons For This Are Unknown. What Causes Ankylosing Spondylitis? There Is A Strong Tendency For AS To Run In Familie 2th, 2024

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It Is One Of The Characteristic And Pathognomonic Physical Signs In Ankylosing Spondylitis. While The Vital Capacity In Any Febrile Active Locomotor Disease May Be Reduced, Figures In Uncomplicated Cases Do Not Descend To The Low Level Seen On Occasion In Ankylosing Spondylitis 3th, 2024

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