

## Ankylosing Spondylitis Course Programme

Friday 11<sup>th</sup> / Saturday 12<sup>th</sup> November 2011

QA Hospital, Portsmouth

### Friday 11<sup>th</sup> November

- 8.30 Registration
- 9.00 Introduction – course objectives
- 9.20 Ankylosing Spondylitis:
- Aetiology/Pathology/Prevalence
  - Clinical Features
  - Medical Management
- 11.00 Refreshments
- 11.20 Physiotherapy Management
- 12.50 Lunch
- 1.30 The theory of Hydrotherapy
- 2.00 Hydrotherapy Practical 1:
- Cardiovascular exercise
  - Standing/upright exercise
- 3.30 Refreshments & change
- 4.00 Gym Practical 1:
- Stretches
  - Gym balls
- 5.00 Close

## **Saturday 12<sup>th</sup> November**

- 8.30            Tea / Coffee
- 8.45            Anti-TNF medication
- 9.45            AS assessment and Outcome measures
- 10.30           Measurement Practical – course participants
- 11.00           Refreshments & start practical
- 11.15           Measurement Practical – patients
- 11.45           Life with AS – a patient's perspective
- 12.45           Lunch
- 1.30            Gym Practical 2:
- Cardiovascular exercise –
  - Strengthening
  - Proprioception and balance re-education
- 2.30            Refreshments & change
- 3.00            Hydrotherapy Practical 2:
- Partner work
  - Supine and prone exercises
  - Games
- 4.00            Lifestyle modification  
Patient's questions/answers  
Quiz
- 4.30            Course evaluation  
Close