

Managing Ankylosing Spondylitis: Strengthening Exercises

Core strength is important in maintaining good posture and a healthy back. Core strength refers to muscles of the back and abdomen working together to ensure an optimal posture. Strengthening around the spine can help build and maintain good posture.

- Progress from easiest to advanced
- Do these exercises once a day
- Repeat each exercise 10-15 times

Ball Exercise

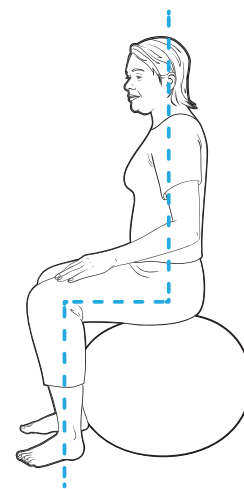
Getting Ready:

- Sit on the ball with your feet flat on the ground and your hips and knees bent at a 90 degree angle.

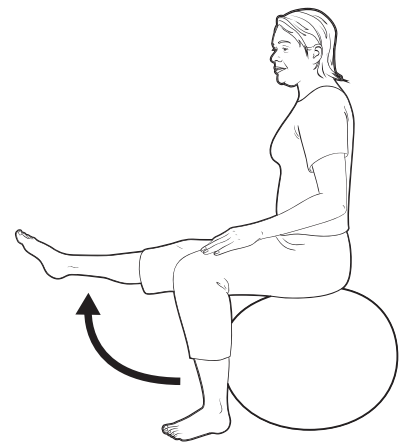
Instructions:

- With your hands on your lap, slowly straighten one knee while lifting your foot off the ground
- Hold this position for 5 seconds. Repeat 10 times on each leg
- Be sure to maintain your balance and an upright posture.

Exercise balls are a great way to improve core strength. Simply sitting on a ball will automatically engage the muscles of the back and abdomen as these muscles have to work hard to maintain your balance while you are sitting on the ball and prevent you from falling off the ball. If you have a desk job, sitting on a ball for 30 minutes at a time throughout the day will help to increase your core strength.



Start position



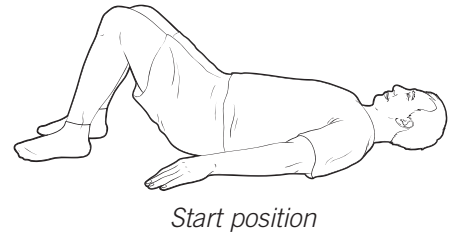
Lift foot and straighten knee

Bridge - Arms Flat

 EASY

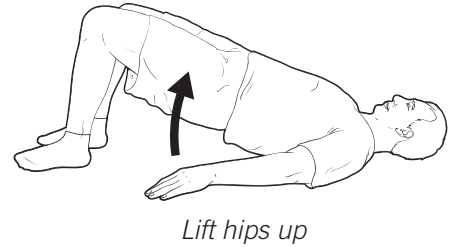
Getting ready

- Lie flat on your back with your arms straight beside you
- Bend your knees up so that your feet are flat



Instructions

- Lift your hips up in the air to make a bridge, using your arms to stabilize
- Lower your hips down in a controlled manner



Hip Extension in Plank Position - Straight Knee

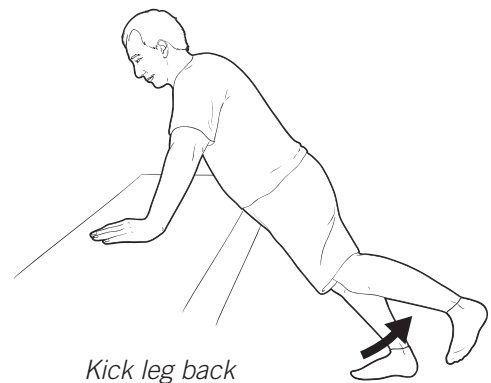
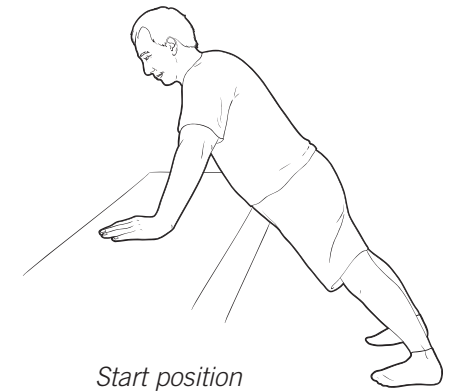
 EASY

Getting ready

- Start in the plank position
- Arms are straight, supported on a flat surface

Instructions

- Bring your leg straight out behind you
- Relax your leg back to the start position
- Repeat with both legs



Four Point + Opposite Hand and Knee Lift

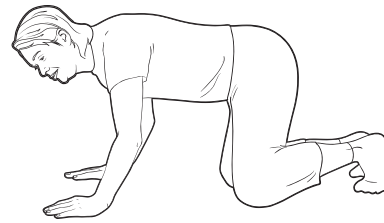
 MEDIUM

Getting ready

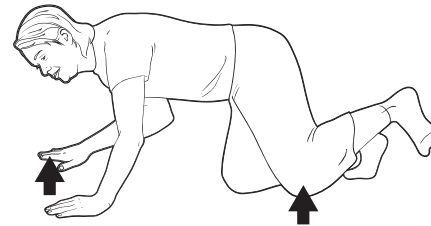
- Start on your hands and knees, hips and shoulders at 90°

Instructions

- Slightly lift one hand up
- At the same time, slightly lift the opposite knee up
- Repeat on the other side



Start position



Slightly lift hand and knee

Four Point + Arm and Leg Raise

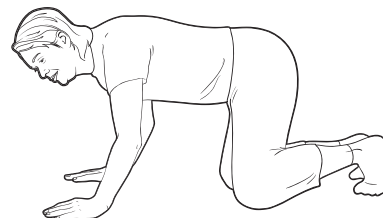
 ADVANCED

Getting ready

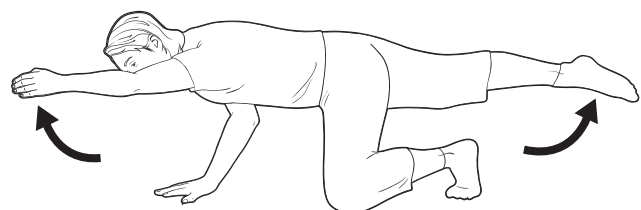
- Start on your hands and knees, hips and shoulders at 90°

Instructions

- Lift one arm straight out in front of you
- At the same time, lift the opposite leg straight out behind you
- Repeat on the other side



Start position



Lift one arm straight out in front and lift the opposite leg straight out behind