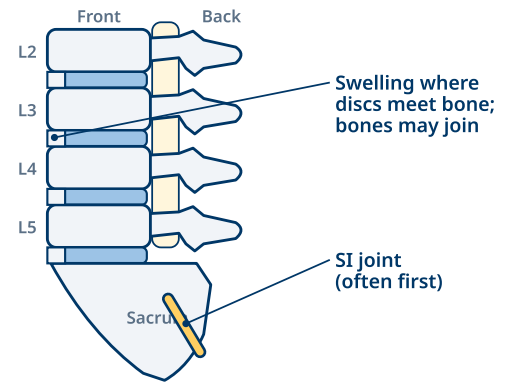




Ankylosing Spondylitis (Axial Spondyloarthritis)

What it is

Ankylosing spondylitis is a type of arthritis that mainly affects the spine. It causes back pain and stiffness, often worse in the morning. It often starts in young adults.



Common symptoms

- Low back or buttock pain that lasts more than 3 months
- Morning stiffness that improves with exercise
- Pain that wakes you in the second half of the night
- Heel pain or tendon pain (enthesitis)
- Eye inflammation (uveitis): red, painful eye; seek prompt care

Self-care tips

- Do daily stretching and posture exercises. Movement often eases stiffness.
- Take your medicines exactly as prescribed. Do not stop them on your own.
- Keep all lab and follow-up visits.
- Stay active with gentle exercise, and rest during flares.

What to expect at GSMC

First visit: A rheumatologist reviews your symptoms, history and medicines, and examines your joints and skin.

Tests: Blood tests and imaging, as needed, help confirm the diagnosis.

Follow-up: Regular visits and lab checks help us adjust treatment over time.

When to call us

- A red, painful eye or blurred vision: get care the same day
- A flare that does not settle with your usual plan
- Fever or signs of infection while on your medicines
- New symptoms, such as a rash, chest pain or leg swelling

Call 911 for chest pain, trouble breathing, or signs of a stroke.

Call 732-202-3000

One number for all offices. Questions about this handout? We are glad to help.

Our 7 offices: Whiting · Toms River (Hooper Ave) · Brick · Barnegat · Manahawkin · Freehold · West Long Branch

gsmedicalcenter.org/services/rheumatology/conditions/ankylosing-spondylitis/



Scan for the full web page

This handout is general information and is not a substitute for medical advice.