

Axial spondyloarthritis exercise pack

Information for patients

This leaflet has been created to summarise all learnt material for patients who have undertaken axial spondyloarthritis exercise classes at Barnet Hospital and Chase Farm Hospital. If you have any queries or concerns, please contact a clinician.

Stretch of the week

Use the diary below to tally how often you have completed the stretch of the week on each day of the week. We suggest trying to aim for two to three minutes, every few hours. An appendix with videos demonstrating each stretch can be found at the end of this leaflet.

Movement pattern of the week

You can also use the diary below to keep track of repetitions and sets of each strengthening exercise. Choose the variation that suits you best as an appropriate level of challenge. You can pick and choose between different variations to suit your needs and depending on your pain level.

Every week there is an emphasis on a different movement pattern to build up your portfolio of exercises for each. An appendix with videos demonstrating each exercise can be found at the end of this pack.

Cardiovascular exercise and HIIT

Choose an exercise that you feel confident your body can tolerate and that will get you out of breath. Some examples include:

- Swimming
- Cycling
- Cross trainer
- Brisk walking
- Step ups
- Running

Complete the exercise at a relaxed pace for a set time e.g., one minute, then at a higher intensity for a set time e.g., 30 seconds. Alternate between low intensity and high intensity at your chosen interval. Aim for 10 minutes of this in total.

Week one

Stretch of the week

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Seated thoracic extension with a rolled vertical towel and hand behind head							
Seated thoracic extension with a rolled horizontal towel and hand above head							

Movement pattern of the week: squat (8 to 12 repetitions, two to four sets)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Variation 1: Mini squat							
Variation 2: Sit to stand							
Variation 3: Wall squat							
Variation 4: Goblet squat							
Variation 5: Overhead squat							

Cardiovascular exercise HIIT

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Week two

Stretch of the week

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Supine shoulder flexions while lying on rolled horizontal towel							
Lying on rolled vertical towel with hands out							

Movement pattern of the week: pull (8 to 12 repetitions, two to four sets)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Variation 1: Prone scapula retractions							
Variation 2: Theraband Row							
Variation 3: Bent over row							
Variation 4: Theraband W row							

Cardiovascular exercise HIIT

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Week three

Stretch of the week

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Prone Spinal Extension							
Shoulder flexion on horizontal foam roller on wall							

Movement pattern of the week: push (8 to 12 repetitions, two to four sets)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Variation 1: Wall Push Up							
Variation 2: Incline Push Up							
Variation 3: 4 Point Kneeling Push Up							
Variation 4: Military Push up							
Variation 5: Floor Press							

Cardiovascular exercise HIIT

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Week four

Stretch of the week

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Child's Pose							
4 Point Kneeling Thoracic extension stretch with hands on chair							

Movement pattern of the week: lunge (8 to 12 repetitions, two to four sets)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Variation 1: Supported reverse step down							
Variation 2: Supported mini lunge							
Variation 3: Static Lunge							
Variation 4: Reverse Lunge							
Variation 5: Walking Lunge							

Cardiovascular exercise HIIT

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Week five

Stretch of the week

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Overhead shoulder flexion with dowel							
Seated side flexion with hand behind head							

Movement pattern of the week: carry (8 to 12 repetitions, two to four sets)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Variation 1: Farmers Walk							
Variation 2: Single arm kettlebell carry							
Variation 3: Shrugs							
Variation 4: Shrugs with 20- degree shoulder abduction							

Cardiovascular exercise HIIT

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Week six

Stretch of the week

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Thoracic extension self-mobilisation in standing							
Sitting thoracic extension over dowel							

Movement pattern of the week: hinge (8 to 12 repetitions, two to four sets)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Variation 1: Pick up and press							
Variation 2: Romanian deadlift							
Variation 3: Deadlift							

Cardiovascular exercise HIIT

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Week ____

Stretch of the week

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
























Movement pattern: resistance exercises (8 to 12 repetitions, two to four sets)




	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Cardiovascular exercise HIIT







	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Exercise appendix: movement pattern of the week

Week one					
	Mini squat 	Sit to stand 	Wall squat 	Goblet squat 	Overhead squat 
Week two					
	Prone retraction 	Theraband row 	Bent over row 	Theraband w row 	
Week three					
	Wall push up 	Incline push up 	4-point kneeling push up 	Military push up 	Floor press 
Week four					
	Supported reverse step down 	Supported mini lunge 	Static lunge 	Reverse lunge 	Walking lunge 
Week five					
	Farmers walk 	Single arm kettlebell carry 	Shrugs 	Shrugs with 20-degree abduction 	

Week six					
	<p>Pick up and press</p> 	<p>Romanian deadlift</p> 	<p>Deadlift</p> 		

Exercise appendix: stretch of the week

<p>Seated thoracic extension with a rolled vertical towel and hand behind head</p> 	<p>Seated thoracic extension with a rolled horizontal towel and hand above head</p> 
<p>Supine shoulder flexions while lying on rolled horizontal towel</p> 	<p>Lying on rolled vertical towel with hands out laterally</p> 
<p>Prone Spinal Extension</p> 	<p>Shoulder flexion on horizontal foam roller on wall</p> 
<p>Child's Pose</p> 	<p>4-point kneeling Thoracic extension stretch with hands on chair</p> 
<p>Overhead shoulder flexion with dowel</p> 	<p>Seated side flexion with hand behind head</p> 

Thoracic extension self-mobilisation in standing



Sitting thoracic extension over dowel



Exercise appendix: YouTube links

Title	Link
Child's pose	https://youtube.com/shorts/YbR1um2kSz8
Deadlift	https://youtube.com/shorts/nkWSII0cvZU
Farmers Walk	https://youtube.com/shorts/xhNdPUjaqdg
Floor press	https://youtube.com/shorts/ILdDLwqVtyE
Goblet Squat	https://youtube.com/shorts/V49dm3sSaEq
Incline Push Up	https://youtube.com/shorts/FdR7sYP-hsk
Lying on rolled vertical towel with hands out laterally	https://youtube.com/shorts/3xDh2KD7ugM
Military Push Up	https://youtube.com/shorts/OWIS7to46Wc
Mini Squats	https://youtube.com/shorts/LS9vZ4LbqWw
Overhead shoulder flexion with dowel	https://youtube.com/shorts/qOV3v7CKwIU
Static Lunge	https://youtube.com/shorts/I37rQsNFrRc
Supine shoulder flexions while lying on rolled horizontal towel	https://youtube.com/shorts/NRXeFOz3iO4
Supported Mini Lunge	https://youtube.com/shorts/9FRnq0GYp0s
Supported Reverse Step Down	https://youtube.com/shorts/noPIfLZLKD0
Theraband row	https://youtube.com/shorts/8tBP_Xk4rNo
Theraband W row	https://youtube.com/shorts/PujIP-fas7o
Thoracic extension self-mobilisation in standing	https://youtube.com/shorts/8QPtbJZH_rs
Thoracic extension stretch with hands on chair	https://youtube.com/shorts/TWX8F990kBW
Walking Lunge	https://youtube.com/shorts/4yn5U1L9jZc
Wall Push Up	https://youtube.com/shorts/p7qGIFBGrYo
Wall squat	https://youtube.com/shorts/mX3cpuInCA8
Sitting thoracic extension over dowel	https://youtube.com/shorts/rj20zY0Y_pU
Sit to stand	https://youtube.com/shorts/yQXbJl4fcpQ
Single Arm Carry	https://youtube.com/shorts/1smVkMTsbOM
Shrugs	https://youtube.com/shorts/CORtPuB5Xjq
Shrugs with 20-degree abduction	https://youtube.com/shorts/c988Qi0GUkE
Shoulder flexion against ball or foam roller on wall	https://youtube.com/shorts/eGFNFQ3yz_w
Seated thoracic extension with a rolled vertical towel and hand behind head	https://youtube.com/shorts/FUIzjOxM3vE
Overhead Squats	https://youtube.com/shorts/-rcSQRC2TTk
4 Point Kneeling Thoracic extension stretch with hands on chair	https://youtube.com/shorts/puwypJ85YWI
4 Point Kneeling Push Up	https://youtube.com/shorts/cD-uR2Y-ICs
Bent Over Row	https://youtube.com/shorts/BEO_0hJAvN4
Pick Up And Press	https://youtube.com/shorts/uLSK5df09_k
Prone scapula retraction	https://youtube.com/shorts/PH2IEWHqBss
Prone spinal extension	https://youtube.com/shorts/fq-aWFvO7GI
Reverse Lunge	https://youtube.com/shorts/S2tB3JRKY8s
Romanian Deadlift	https://youtube.com/shorts/6gAWYPQ1qVY
Seated side flexion with hand behind head	https://youtube.com/shorts/cfzdNFH4My8
Seated thoracic extension with a rolled horizontal towel and hand above head	https://youtube.com/shorts/hwjCUoHrExU

Contact us

Chase Farm Hospital

Zone P

The Ridgeway, Enfield, EN2 8JL

Tel: 020 8375 2269

Barnet Hospital

Woodlands Unit

Wellhouse Lane, Barnet, EN5 3DJ

Tel: 020 8216 4720

Your feedback

If you have any feedback on this leaflet, please email: rf.communications@nhs.net

Alternative formats

This leaflet is also available in large print. If you need this leaflet in another format – for example Braille, a language other than English or audio – please speak to a member of staff.

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