



Inflammatory back pain services and other services

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Inflammatory Back Service

Physiotherapy



What We Offer

- **Ankylosing Spondylitis (AS) physiotherapy clinics**
- **Ankylosing Spondylitis exercise program**
- **Outpatient physiotherapy treatment sessions**
- **Chi Kung and Circuit exercise classes**
- **Fibromyalgia and Chronic pain group**
- **BeST program**
- **Onward referrals to wider community services**



Ankylosing Spondylitis Physiotherapy Clinics

- **Ongoing care**
- **Questionnaires**
- **Baseline assessments**
- **Follow up every six month**
- **Education and advice**
- **Flare up management**
- **Communication with Rheumatology Consultants**
- **Onward referrals to other services**



Ankylosing Spondylitis Exercise Program

- **Once every week for six Weeks**
- **Referrals from Rheumatology
Consultants and Physiotherapists**
- **45 minutes exercise and 15 minutes
education**
- **Chi Kung exercises relevant for AS
patients**
- **Education on a new topic each week**



Educational Topics

- **What is AS**
- **Exercise and Posture in AS**
- **Managing Fatigue**
- **Managing Stress**
- **Diet and Sleep**
- **Managing Flare ups**



Outpatient Physiotherapy

- **Community outpatient physiotherapy**
- **1:1 physiotherapy treatment sessions**
- **Dealing with Mechanical aspects of symptoms**
- **Manual therapy**
- **Electrotherapy**
- **Individualised exercise programs**
- **1:1 exercise sessions with Personal Trainer**
- **Exercise classes**



Exercise Classes

- **Tai Chi Kung**
- **Circuit Training exercise class**
- **Fibromyalgia and Chronic pain group**



Fibromyalgia and Chronic Pain Group

- **Seven weeks program**
- **One and a half hour session per week**
- **Education regarding:**
 - **Healthy lifestyle**
 - **Sleep**
 - **Gentle exercise**
 - **Breathing and relaxation**
 - **Stress release and coping**
 - **Meditation and positive thinking**



BeST Program

- **Back education skills training**
- **Six weeks session**
- **Group program**
- **For Chronic pain patients**
- **Goal setting**
- **Advice on flare up management, pacing, graded exposure**



Wider Community Services

- **Active Luton**
- **Live Well Luton**
- **National Ankylosing Spondylitis Society (NASS)**
- **Private Chi kung exercise class**