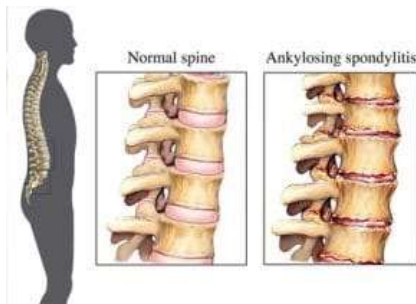




**National Institute for Empowerment of
Persons with Multiple Disabilities
(Divyangjan) (NIEPMD)**
(Department of Empowerment of Persons with Disabilities (Divyangjan)
Ministry of Social Justice & Empowerment, Govt. of India)
(-Accredited by NAAC- -ISO 9001:2015-)

INFLAMMATORY ARTHRITIS ANKYLOSING SPONDYLITIS

- It is an inflammatory arthritis affecting the spine and large joints. It causes swelling, pain and stiffness in the joints mostly in back and pelvis
- The pain and stiffness is usually worse at the base of spine where the spines links with the pelvic called sacroiliac joints
- 3:1 (Men : Women)
- Age: 18-30 yrs are more prone to get affected



Causes:-

No known specific cause. People who have HLA B27 gene have high risk of developing ankylosing spondylitis

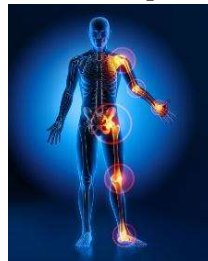
Symptoms:-

Fatigue, Fever, Pain in joints (shoulders, rib cage, pelvis and knees), Back pain, stiffness in early morning and Heel pain.

RHEUMATOID ARTHRITIS

Rheumatoid arthritis is auto-immune disease that mainly affects synovial tissue around the joints and other body parts.

- 1) Rheumatoid arthritis is systemic disease.
- 2) It increase risk of stroke and heart attack.
- 3) 3:1 (Women : Men)
- 4) Above 35 yrs are more prone to get affected



SYMPTOMS:-

GENERAL : Fever, weight loss, fatigue

BONES : Joint pain, joint swelling, warmth and redness.

Risk Factors:-

Genetic factor, gender, alcohol & smoking obesity,

ENERGY CONSERVATION & JOINT PROTECTIVE TECHNIQUES:-

Respect pain, avoid positions of deformity, Avoid awkward positions, use strong joints or distribute the force over several joints, use adapted equipment to reduce the stress of the joint, avoid stress on small joints in hand.

Treatment:-

NSAIDs & steroids, Gentle exercises, **Hot and cold packs**, naps and rest.

Physiotherapy Management:-

Manual therapy, massage therapy, hydrotherapy, electrotherapy like TENS and Wax Therapy, Strengthening exercises

Do's:-

1. Regular Exercises
2. Maintain Healthy Weight
3. Reduce Stress Level
4. Get Enough **vitamin-D** And Calcium **supplements**
5. Yoga & Meditation

Don'ts:-

1. Consumption of Alcohol and Smoking
2. High Impact Exercises
3. Lifting Heavy Weight
4. Overuse Of Pain-killers