SAA’s new exercise video, Back in Action, Again, which includes cardio, strength, stretch, and yoga exercises specifically designed for people living with spondyloarthritis is now available. Scan the QR Code for the direct link.

Find additional resources and information on spondyloarthritis at spondylitis.org. We’d love to hear from you! Email info@spondylitis.org, or call (800) 777–8189.

Sample Spondyloarthritis Exercise Program

Cat Back/Sway Back Stretch  Superman Stretch  Knee To Chest  Upward Arm/Forward Fold Stretch

Hamstring Stretch  Bridge

Toe Stretch  Hip & Pelvic Rotation  Bending Side Stretch

Hip Flexion Stretch

Body Rotation  Quadriceps Training  Quadriceps Stretch

Breathing & Shoulder Circles  Neck Flexion & Extension  Neck Rotation  Neck Side Stretch

Disclaimer: We advise that you consult your physician, physical therapist, or other health care professional before starting this sample exercise program, and seek guidance in personalizing the movements for your specific needs. To reduce risk of injury, please do not perform any movement that feels unsafe, or causes pain. By performing these movements, you are doing so at your own risk. The Spondylitis Association of America is not responsible or liable for any injury or harm sustained as a result of taking part in this sample exercise program.