

Background Information

Inflammatory condition mainly affecting the spine, causing fusion

Causes stiffness and pain

Main joints involved = SI joints and vertebral column

90% have HLA-B27 gene

Investigations

Raised CRP + ESR

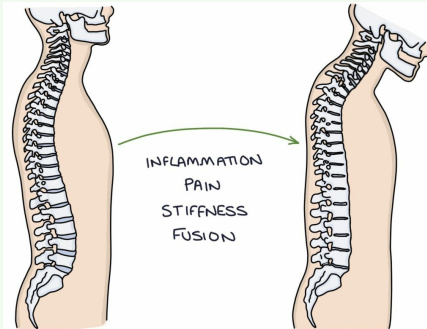
HLA-B27

Schober test Assesses mobility of spine between 10cm above L5 and 5cm below <20cm indicates a restriction

XR changes Bamboo spine Squaring of vertebral bodies subchondral sclerosis + erosions Syndesmophytes ossification fusion of facet, SI and costovertebral joints

MRI Bone marrow oedema

Image



Management

Medication NSAIDs Steroids in flares Anti-TNF or monoclonals (etanercept, infliximab) Secukinumab (against IL-17)

Other Physio Exercise Avoid smoking Bisphosphonates Treat complications Surgery if deformities

Presentation

20 year old, gradual spinal stiffness over >3 months

Lower back pain + stiffness

Worse with rest/at night/in morning

Takes 30 minutes for pain to improve in morning

Experience flare ups

Vertebral fractures

Bamboo spine

Associations

Systemic Weight loss, fatigue

Chest pain

Enthesitis Plantar fasciitis, achilles tendonitis

Dactylitis

Anaemia

Anterior uveitis

Aortitis

Heart block

Restrictive lung disease

Pulmonary fibrosis of upper lobes

IBD

C

By [elliieacook](https://cheatography.com/elliieacook/)

cheatography.com/elliieacook/

Published 29th July, 2022.

Last updated 29th July, 2022.

Page 1 of 1.

Sponsored by [Readable.com](https://readable.com)

Measure your website readability!

<https://readable.com>