

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

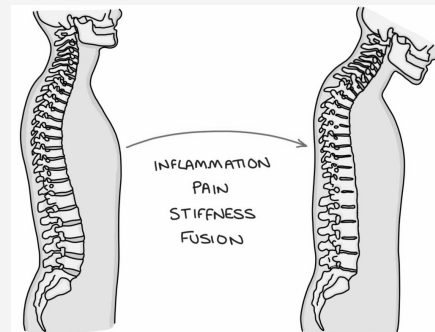
HLA-B27

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

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