

Axial Spondyloarthritis Know-how (ASK)

You have been referred to the Axial Spondyloarthritis (Axial SpA) Know-how (ASK) group at Guy's Hospital Physiotherapy Department. ASK is a single attendance self-management group of exercise and education workshop, recommended for those with a recent diagnosis or for those wishing to self-manage their established condition. If you have any further questions or concerns, please speak to a doctor or nurse caring for you.

The aims are

- To introduce you to the benefits of exercise in managing your symptoms.
- To provide self-management education, advice and information.
- To sign-post to resources and help you get started or progress your exercise habits.
- To answer any questions you may have about self-management.

Self-management education

A specialist physiotherapist will offer the opportunity for you to gain knowledge and understanding about your condition and raise any individual concerns and issues you may have regarding your self-management. A self-management handbook will be provided for your use long-term.

Hydrotherapy

Hydrotherapy or aqua physiotherapy has been reported to be particularly effective in Axial SpA for pain reduction and improved range of motion. It involves exercising in warm water to help you relax, and is normally easier than exercising on land as the buoyancy of the water will support your body weight and reduce the strain of gravity, giving you greater freedom of movement.

Gym

A gym based session under physiotherapist supervision will offer advice as to individual variations to maximize your personal exercise benefit.

What to bring

- Loose comfortable clothing
- A swimming costume or swim shorts and towel
- Any fast acting medications you may currently take e.g. asthma inhalers

When

Every other Thursday and lasts for approximately two hours from 4pm to 6pm.

Where

Guy's Physiotherapy Department, Ground Floor, Tower Wing. Please report to the physiotherapy reception. Please arrive ten minutes before your scheduled appointment time so you can be inducted into the group session.

Contact us

Guys Hospital Hydrotherapy, Therapies Rehabilitation Unit, Lower Ground Floor (Basement), Southwark Wing.

Physiotherapy **t:** 020 7188 5094 Hydrotherapy **t:** 020 7188 5104

e: gst-tr.physioadmin@nhs.net

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit **w:** www.guysandstthomas.nhs.uk/leaflets

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline. **t:** 020 7188 8748, Monday to Friday, 9am-5pm

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk

t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch. **t:** 020 7188 8815 **e:** languagesupport@gstt.nhs.uk

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day. **t:** 111

NHS website

Online information and guidance on all aspects of health and healthcare, to help you take control of your health and wellbeing. **w:** www.nhs.uk

Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, please get in touch.

t: 0800 731 0319 **e:** members@gstt.nhs.uk **w:** www.guysandstthomas.nhs.uk/membership

Was this leaflet useful?

We want to make sure the information you receive is helpful to you. If you have any comments about this leaflet, we would be happy to hear from you, fill in our simple online form, **w:** www.guysandstthomas.nhs.uk/leaflets, or **e:** patientinformationteam@gstt.nhs.uk

Leaflet number: 3713/VER2

Date published: February 2019

Review date: February 2022

© 2019 Guy's and St Thomas' NHS Foundation Trust

A list of sources is available on request