



National Ankylosing Spondylitis Society

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Press Release

The Back to Action App launches on the android platform

The [Back to Action](#) app has just been launched on the Android platform and is free to download from Google Play, the online store for android apps. The [Back to Action](#) app is the only exercise programme specifically designed for people with ankylosing spondylitis (AS), an inflammatory arthritis that mainly affects the spine, and covers mobility, cardiovascular, strength, flexibility and breathing exercises. The App features video, audio and written content making exercise more accessible and safer for people with AS. There is also information on other sports and exercise classes as well as information for gym personnel who have never heard of AS before.

Back to Action is also available on all Apple devices and can be downloaded free from the Apple iStore. The 23 Back to Action videos found on both app platforms are available on the National Ankylosing Spondylitis Society's website (www.nass.co.uk) and the printed guide can be downloaded free from the NASS website or purchased in full colour from the NASS shop. Back to Action is now freely available for anyone with AS.

Ankylosing spondylitis affects young people with symptoms usually starting in early adulthood. There is currently no cure. AS is managed by a combination of pain relief and stretching exercises. People with AS are often battling on a daily basis against pain, stiffness and fatigue and it can have a significant impact on education, family, social and working life. Therefore it is important that people with AS receive appropriate treatment and support and exercise regularly to promote fitness and flexibility to help manage the stiffness and pain. NASS also run local groups that provide regular weekly hydrotherapy and physiotherapy sessions around the UK. For more information please visit www.nass.co.uk.

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Contact

National Ankylosing Spondylitis Society, Unit 0.2, One Victoria Villas, Richmond, Surrey, TW1 4SB
T: 020 8948 9117 E: admin@nass.co.uk W: www.nass.co.uk RCN: 272258 S: 041347

Debbie Cook
Director
National Ankylosing Spondylitis Society
M: 07815 565692
E: director@nass.co.uk
W: www.nass.co.uk

Key facts about AS

- Ankylosing means fusing together. Spondylitis indicates inflammation of the vertebrae
- There are around 200,000 people in the UK with AS
- The average age when AS symptoms start is 24
- Diagnosis is slow with an average delay of 10 years from symptom onset
- AS can also be described as arthritis of the spine
- It is a long term condition and is incurable
- AS can affect other areas of the body including eyes, lungs and bowel