

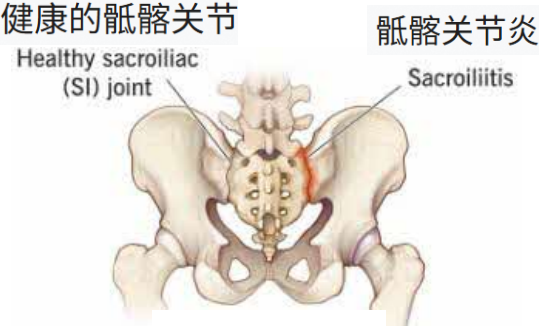
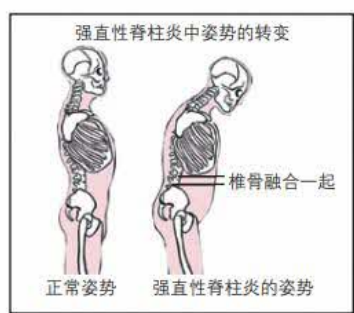
中轴性脊椎关节炎 (AxSPA) , 僵直性脊椎炎 (AS)

Ankylosing Spondylitis, Axial Spondyloarthritis

什么是 僵直性脊椎炎(AS)?

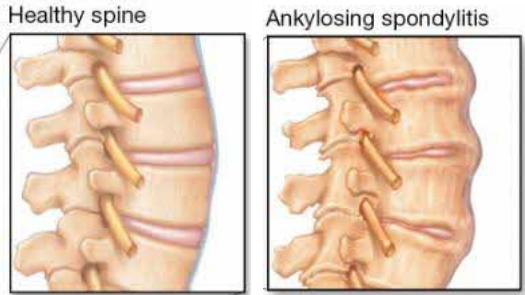
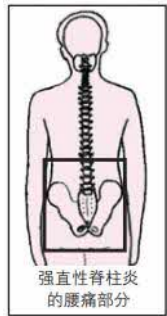
AS 是一种主要影响脊椎（背骨）和臀部（骶髂关节）的关节炎。它是一种导致脊椎和臀部关节发炎的慢性疾病。

关节损伤会导致脊椎僵硬和背部灵活性丧失。脊椎侧弯通常影响 40 岁以下的青少年及青年，男性患者比较常见。**僵直性脊椎炎 (AS)** 是属于 **AxSpA** 的一种。**AxSpA** 是后来提倡的一个盖过性的诊断。简单来说 **AsSpA** 涵盖早期或影响学尚未出现典型破坏的阶段，而 **AS** 是 **AxSpA** 发展的后期阶段，其特征是X光下可见明确的破坏。以下，用AS代称这两者。



僵直性脊椎

健康的脊柱



AS的病因是什么？

AS 是一种自身免疫性疾病。AS 的病因尚不清楚，但存在遗传因素，尤其是 90% 的 AS 患者存在 HLA B-27 基因。

僵直性脊椎炎（AS）的症状有哪些？

- **背痛和僵硬**，通常始于**下背部、臀部或颈部**，并持续数月。疼痛通常在早晨加剧，并可能在夜间痛醒。休息并不能减轻疼痛，但运动可以缓解疼痛。
- 其他关节可能受到影响，导致关节疼痛、肿胀和僵硬。
- **肌腱和韧带**可能受到影响，导致疼痛，但可在特定运动下改善（尤其低冲击运动 例如：行走、游泳、骑自行车、瑜伽 等）。跟腱附着处足跟后部疼痛（跟腱炎）、足底疼痛（足底筋膜炎）以及肘部周围疼痛（网球肘或高尔夫球肘）
- 其他症状可能包括：
 - 眼部劳累：眼睛可能疼痛、发红、发炎，并对强光严重敏感（急性前葡萄膜炎）
 - 胃肠道不适：腹泻、便血，可能由肠道炎症引起
 - 疲劳

如何诊断僵直性脊椎炎（AS）？

诊断基于患者的症状、临床检查、血液检查（例如炎症标志物升高，例如 CRP）以及影像学检查（例如 X 光或 MRI）。也可进行基因检测（针对 HLA B-27）。如果X光显示有变化，那就是AS。如果X光未显示异常，但MRI 显示异常，则为中轴性脊柱关节炎 (AxSpA)。

如怀疑眼部或胃肠道受影响，或需进一步评估。

如何治疗僵直性脊椎炎 (AS) ?

AS是一种慢性疾病。及时适当的治疗可以缓解症状，并预防关节损伤。治疗延误可能会导致脊椎/其他关节活动受限以及背部驼背，并可能造成永久性损害。

1) 休息和运动

运动是治疗的基石——定期伸展运动有助于减轻疼痛和僵硬。物理治疗师会教您具体的锻炼方案。此外，游泳等非脊椎负荷运动也非常有用。

2) 药物

- 非甾体类抗炎药 (NSAID) 有助于控制疼痛和减轻炎症。
- 生物制剂：这些是针对重症患者，且其他疗法（包括 NSAID）均无效的靶向药物。这些药物通过皮下注射（皮下注射至大腿或腹部）或静脉给药。例如英夫利昔单抗、阿达木单抗、戈利木单抗、依那西普、苏金单抗和依克珠单抗。
- 对于上肢或下肢关节受累的特定患者，可以使用其他改善病情的抗风湿药物 (DMARD)。例如柳氮磺吡啶和甲氨蝶呤。
- 新型靶向合成 DMARD 药物已经开发出来，通常用于 NSAID 和一种或多种生物制剂治疗无效的患者，例如托法替尼和乌帕替尼。
- 使用 DMARD 的患者需要定期验血以监测任何潜在的副作用。

僵直性脊椎炎 (AS)患者罹患骨质疏松症和心血管疾病等并发症的风险较高。这些疾病应作为AS 整体护理的一部分进行治疗。建议使用生物制剂的患者接种某些疫苗，以预防常见感染，例如流感病毒、肺炎球菌病毒、呼吸道合胞病毒和带状疱疹。

如果我被诊断患有AS，该怎么办？

改善生活方式是治疗的一个重要方面。强烈建议您与您的医生密切合作，并积极参与您的护理。

- 避免吸烟
- 定期锻炼和伸展运动
- 均衡饮食。如果您正在服用抗风湿药（DMARD）或生物制剂（Biologic），应避免食用生食和未煮熟的食物，以降低感染风险。
- 体重较重的患者，适当减重可改善症状。
- 寻求支持——无论是通过朋友、家人还是国家关节炎基金会等支持团体。

Trunk Mobility Exercises



Bent over dumbbell row.

Position yourself in a bent over lunge position with 1 hand supported. Hold a ____kg weight in the other hand, arm hanging downwards. Raise your elbow up toward the ceiling.

Hold _____. Do _____ times.



Pec minor stretch

Stand facing a corner. Place both hands on the sides of the wall 120 degrees away from body. Gently lean forward, and feel a stretch in the front of the chest.

Hold _____. Do _____ times.



Thoracic Rotation

Sit with the backrest of the chair on your side. Turn your upper body toward the backrest. Pull onto the backrest for a greater stretch.

Hold _____sec, repeat _____ times. _____.



Thoracic Extension

Sit on a chair with back rest that reaches your upper back. Lean back on the back rest. You should feel a stretch at your upper back.

Hold _____. Do _____ times.



Scapular Retraction

Clasp your hands together behind your back.

Stretch your arms backwards.

Hold _____. Do _____ times.

Cardiovascular Exercises

Stay fit by doing cardiovascular exercises regularly.

1. Swimming: _____ minutes
2. Cycling on a gym bike:
_____ Resistance
_____ minutes.

Lower Back Mobility Exercises



Lower Back Extension

Lie on your tummy.
Then prop yourself up onto your forearms.

Hold _____. Do ____ times.



Pelvic Tilts

Position yourself on your hands and knees. Drop your stomach toward the floor, then gently curve your back towards the ceiling.

Do ____ times.



Lower Back Side Flexion

Sit on a chair.
Bend sideways as shown.

Hold _____

Do ____ times



Lumbar Flexion

Lie on your back. Bring one knee toward your chest.

Hold _____

Do ____ times



Prayer Stretch

Start in a crawling position
(on your hands and knees)

Leave your hands planted
on the ground as you sit
your bum onto your heels.

Hold _____. Do ____ times.

Neck Mobility Exercises



Neck Rotation.

Turn your neck.
Use your hand to stretch
your neck further
Hold _____.

Do ____ time



Neck Side Flexion.

Start by bending your head
toward your shoulder.

Use your hand to provide
additional stretch.

Hold ___. Do ____ time.

建议的运动

Hip Mobility Exercises



Seated Piriformis Stretch

Place your ____ ankle on your opposite knee.

Bend forwards and press down on your ____ knee.

Hold for ____.

Repeat ____ times.



Hamstring stretch

Sit on a chair. Put one leg in front with the other knee slightly bent. Lean forward keeping your back straight.

Hold ____

Do ____ times.



Seated groin stretch

Bend your knees. Place the soles of your feet together, and spread your knees apart to feel a stretch in your inner thighs.

Hold for __ seconds, repeat __ times.



Hip flexor stretch

Stand in a wide walking position, put both your hands on the knees. Keep your other knee straight. Bend your knee forward keeping your back straight.

Hold __. Do ____ time.

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Image source: National Arthritis Foundation

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