

Policy title	Residential exercise therapy/rehabilitation courses for the management of Ankylosing Spondylitis v1.1
Policy position	Intervention Not Normally Funded
Date of Forum recommendation	May 2019

Ankylosing spondylitis (AS) is a chronic, inflammatory spinal condition which can cause pain and stiffness and if left untreated can cause a fixed, stooped posture. Physical therapy is considered to be an important part of the overall management of AS. Self-management of the condition will have a positive impact on the patients' health and wellbeing.

Review of the published studies indicates that there was insufficient evidence to show that one type of activity of rehabilitation is more beneficial than others. The evidence is further constrained by very little research on the dosage (frequency, intensity and duration), stage of disease or adherence to recommended programs. Longer follow-up of the patients is therefore required in future studies to ensure that outcomes are assessed over time.

Due to the lack of evidence of clinical and cost effectiveness of residential therapy for Ankylosing Spondylitis this intervention is **not normally funded**. Therapy and rehabilitation should be commissioned locally.

#### NOTE:

- This policy will be reviewed in the light of new evidence or new national guidance e.g. from NICE
- Where a patient does not meet the policy criteria or the intervention is not normally funded by the NHS, an application for clinical exceptionality can be considered via the ICB's Individual Funding Request (IFR) Policy and Process

#### Clinical coding:

FA92.0 Axial spondyloarthritis

Key words: Residential exercise therapy, rehabilitation, ankylosing spondylitis, AS, spondyloarthritis