

## Patient Resources: Condition Information

### Table of Contents

|                                   |   |
|-----------------------------------|---|
| Ankylosing Spondylitis .....      | 1 |
| Arthritis.....                    | 1 |
| Carpal tunnel .....               | 1 |
| Cauda Equina Syndrome.....        | 2 |
| Coronavirus.....                  | 2 |
| Recovering from Coronavirus ..... | 2 |
| Fibromyalgia .....                | 2 |
| Giant Cell Arteritis .....        | 2 |
| Vasculitis.....                   | 2 |
| Hypermobility .....               | 2 |
| Osteoarthritis.....               | 2 |
| Osteoporosis.....                 | 2 |
| Polymyalgia Rheumatica (PMR)..... | 2 |
| Raynauds Phenomenon .....         | 3 |
| Rheumatoid arthritis.....         | 3 |
| Restless legs syndrome.....       | 3 |
| Spinal Stenosis .....             | 3 |
| Whiplash .....                    | 3 |
| Long Term Illness .....           | 3 |

### Ankylosing Spondylitis

Ankylosing Spondylitis Booklet (Versus Arthritis)

<https://www.versusarthritis.org/media/1247/ankylosing-spondylitis-information-booklet.pdf>

### Arthritis

What is arthritis? Booklet (Versus Arthritis)

<https://www.versusarthritis.org/media/1266/what-is-arthritis-information-booklet.pdf>

### Carpal tunnel

Carpal tunnel syndrome booklet (Versus Arthritis)

<https://www.versusarthritis.org/media/1318/carpal-tunnel-syndrome-information-booklet.pdf>

### **Cauda Equina Syndrome**

Cauda Equina Syndrome (Patient.info)

<https://patient.info/health/back-and-spine-pain/cauda-equina-syndrome>

### **Coronavirus**

COVID 19 and arthritis

<https://puresportsmed.com/blog/posts/covid-19-and-arthritis>

### **Recovering from Coronavirus**

<https://puresportsmed.com/blog/posts/recovering-from-coronavirus-breathing-exercises>

### **Fibromyalgia**

Fibromyalgia information (Versus Arthritis)

<https://www.versusarthritis.org/media/1251/fibromyalgia-information-booklet.pdf>

### **Giant Cell Arteritis**

Giant Cell Arteritis (GCA)PMRGCA UK information  
(Polymyalgia Rheumatica & Giant Cell Arteritis UK)

<http://www.pmrgca.co.uk/content/about-pmr-and-gca>

### **Vasculitis**

Vasculitis UK patient information (Vasculitis UK)

<http://www.vasculitis.org.uk/about-vasculitis/giant-cell-arteritis-temporal-arteritis>

### **Hypermobility**

Joint hypermobility Booklet (Versus Arthritis)

<https://www.versusarthritis.org/media/1255/joint-hypermobility-information-booklet.pdf>

### **Osteoarthritis**

OA Guidebook (Keele University)

[https://www.keele.ac.uk/media/keeleuniversity/ri/primarycare/pdfs/OA\\_Guidebook.pdf](https://www.keele.ac.uk/media/keeleuniversity/ri/primarycare/pdfs/OA_Guidebook.pdf)

Osteoarthritis information (Versus Arthritis)

<https://www.versusarthritis.org/media/12747/osteoarthritis-information-bookletv2.pdf>

### **Osteoporosis**

Love your bones know your risk - Osteoporosis

<https://puresportsmed.com/blog/posts/love-your-bones-know-your-risk-world-osteoporosis-day>

Website to help understand the causes and treatment of osteoporosis (Royal Osteoporosis Society)

<https://theros.org.uk/information-and-support/understanding-osteoporosis/causes-of-osteoporosis-and-broken-bones/>

### **Polymyalgia Rheumatica (PMR)**

PMR patient information (Versus Arthritis)

<https://www.versusarthritis.org/media/1322/polymyalgia-rheumatica-information-booklet.pdf>

PMRGCA UK information (Polymyalgia Rheumatica & Giant Cell Arteritis UK)  
<http://www.pmgca.co.uk/content/about-pmr-and-gca>

### **Raynauds Phenomenon**

Raynauds information (Versus Arthritis)  
<https://www.versusarthritis.org/media/1263/raynauds-phenomenon-information-booklet.pdf>

### **Rheumatoid arthritis**

Rheumatoid arthritis information (Versus Arthritis)  
<https://www.versusarthritis.org/media/12748/rheumatoid-arthritis-information-bookletv2.pdf>

RA Advice & exercise resources(National Rheumatoid Arthritis Society)  
<https://www.nras.org.uk/living-with-ra>

### **Restless legs syndrome**

<https://puresportsmed.com/blog/posts/restless-legs-syndrome>

### **Spinal Stenosis**

Spinal Stenosis (Patient.info)  
<https://patient.info/health/back-and-spine-pain/spinal-stenosis>

### **Whiplash**

Website containing information about whiplash and its treatment (NHS)  
<https://www.nhs.uk/conditions/whiplash/>

### **Long Term Illness**

Exercise for long term health conditions  
<https://movingmedicine.ac.uk/>