



Spondyloarthritis (Spondyloarthropathy)



Overview

This is a name we give to a group of arthritis diseases. They cause inflammation in your spine and other joints and can lead to chronic pain.

Causes

What causes spondyloarthritis? It may be linked to a few factors. We think it involves your genes. Many people with one of these diseases have a specific type of gene. This may cause problems with the body's immune response. There may also be some other trigger, like a bacterial infection.

Symptoms

What are the symptoms? Well, it depends on which form of spondyloarthritis you have. You can have pain and stiffness in your lower back. You can have pain and swelling in other joints, like in your fingers and toes. You may have heel pain. You may have problems with your skin and nails. You may have eye inflammation. And you may feel fatigue.

Treatment

We treat spondyloarthritis with medications to control inflammation and pain. And, physical therapy is an important part of management. Your doctor will create a care plan that's right for you.

