

Your axSpA roadmap

What to expect from diagnosis onwards — and who helps at each step. Movement is at the heart of it.

Getting answers

Often the longest step

Settling symptoms

First 1–6 months

Staying active

Ongoing, lifelong

How your care team helps



Reach a diagnosis

Axial spondyloarthropathy (AxSpA) requires a full assessment including physical examination, scans and blood tests.



Assess for axSpA and beyond

AxSpA causes inflammation of the sacroiliac joints. Other joints, tendons, skin and gut may be affected.



Start treatment

Regular anti-inflammatories first.



Engage with physiotherapy

Movement is the main treatment, and a physiotherapist can help you with pain.



Step up if needed

Biologic medicines may be considered for active disease.



Track the disease

Your team may see you every 1–3 months to monitor the condition and medications.



Treat to target

The goal is for remission or low disease activity.



Whole-of-health

Heart, bones and vaccines checked.



Long-term follow up

Review eases to 6 monthly. Medication doses may be adjusted over time.

What you can do



Learn about AxSpA

Eases with movement, worse with rest.



Keep moving

Stiffness quickly returns – try and move once every hour.



Mind your setup

Sleep, desk and posture matter.



Enhance mobility

Exercises that stretch and strengthen keep the spine strong and supple.



Take meds steadily

Anti-inflammatories and disease modifying agents work best taken regularly.



Watch for red flags

Eye pain or gut symptoms — tell us.



Make exercise a daily habit

Find something you enjoy and stick with it!



Prioritise a healthy lifestyle

Keeping a healthy weight, minimizing alcohol and stopping smoking.



Plan ahead

Travel, family planning, surgery? Tell us early.

Decided together, the whole way Care shaped around your needs, goals and preferences — a shared journey, not a fixed route.