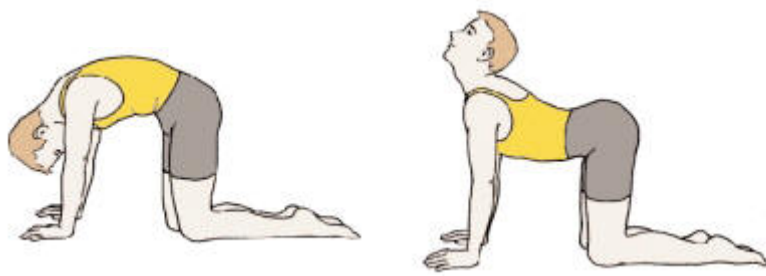
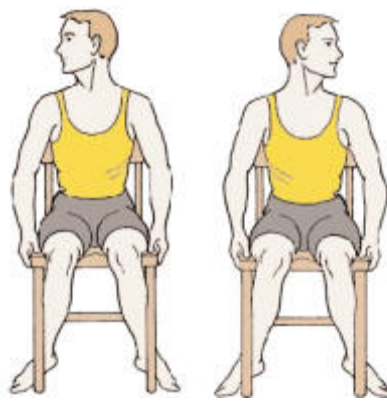
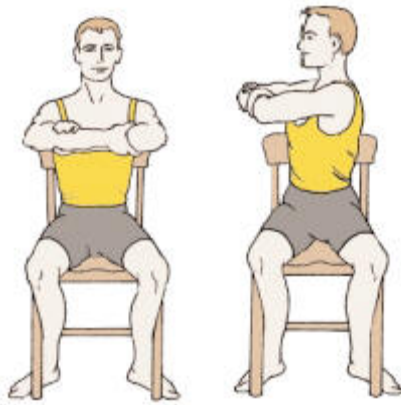
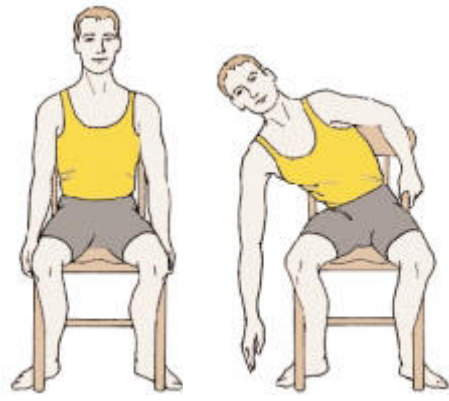
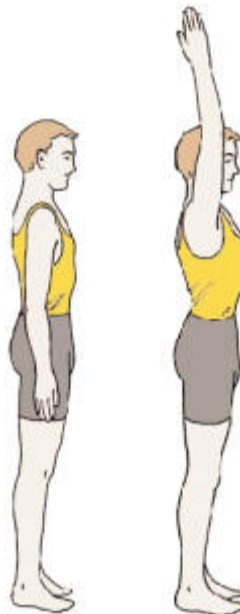
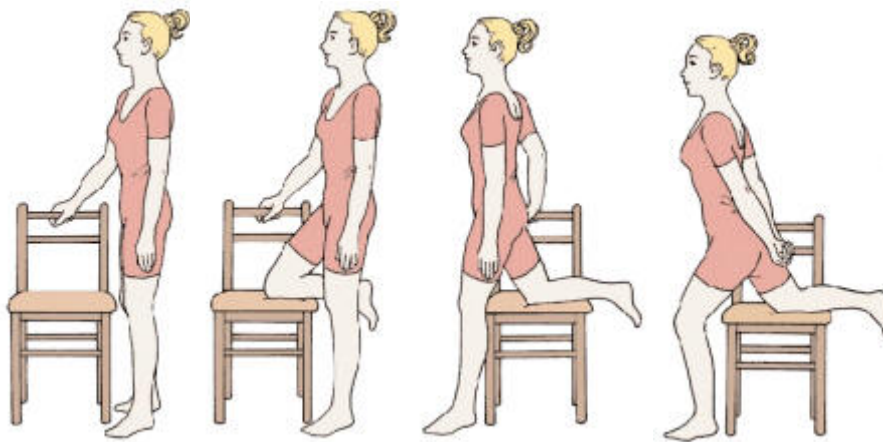
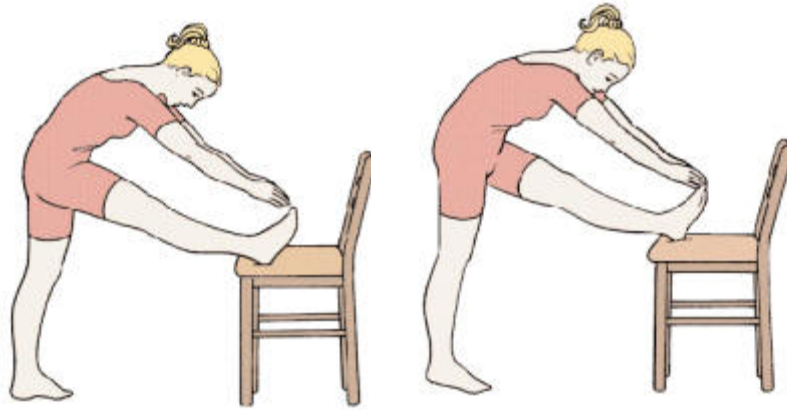


Répéter chaque exercice au moins 5 fois, une à deux fois par jour de préférence après un petit échauffement de quelques minutes (marche rapide par exemple).









Référence:

THE NATIONAL ANKYLOSING SPONDYLITIS SOCIETY. GUIDEBOOK FOR PATIENTS: A POSITIVE RESPONSE TO ANKYLOSING SPONDYLITIS. ANSWERS AND PRACTICAL ADVICE (www.nass.co.uk)