

BACK PAIN? FIND OUT IF IT'S OA OR AXSPA

Osteoarthritis (OA) and axial spondyloarthritis (axSpA) can both contribute to back pain, but each may affect you differently.

Many different conditions can cause back pain, so figuring out which one is behind your pain can be difficult. Sometimes it goes away on its own. But in other cases, it may be serious and need treatment to keep it from getting worse.

What is Axial Spondyloarthritis?

An inflammatory, autoimmune form of arthritis that mostly affects the spine and causes damage visible on X-ray (ankylosing spondylitis) or damage that doesn't show up on X-rays (nonradiographic axSpA).

What is Osteoarthritis?

A joint disease that worsens over time. In the lower back, OA of the spinal joints along with degenerative disc disease, nerve inflammation and muscle spasm create pain. OA is usually diagnosed by looking for joint changes on X-ray or MRI.

AXSPA

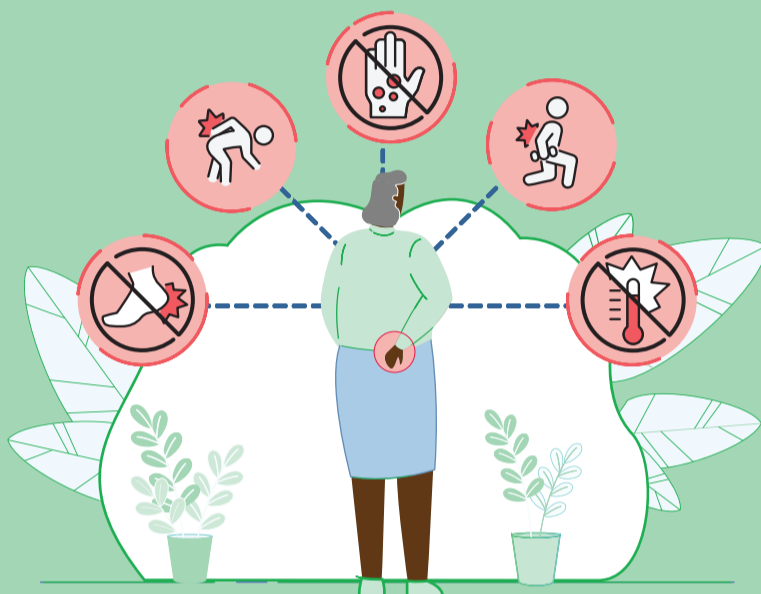


Your back pain may be from axSpA if

- It came on **gradually**
- You are **17 to 45*** years old
- It hurts **less** with **physical activity** and **more with rest**
- Your back has **not** been injured or strained before
- You have **pain** and occasional **limited motion** in your shoulder, hip or knee
- You have had a **mild, unexplained fever**
- You feel **unusual fatigue**
- You have **chronic pain** in your heel or sole
- You have the skin condition **psoriasis**
- You have **swollen**, sausage-like fingers or toes

**Symptoms usually begin at these ages, but children and older adults can also develop axSpA.*

OA



Your back pain may be from OA if

- It came on **abruptly** with a certain activity
- You're **middle-aged or older**
- It hurts **more** with **physical activity**** and **less with rest**
- Your back has been injured or **strained from repetitive motions** sometime in the past
- The pain is primarily in your **lower back**
- You **haven't** had unexplained fever
- You do **not** feel unusual fatigue
- You **don't** have chronic pain in your heel or sole
- You **don't** have psoriasis
- You **don't** have swollen, sausage-like fingers or toes

***Physical activity, especially low-impact exercise like stretching, yoga or swimming, is one of the best therapies for OA pain, but it might hurt more when you first start or overdo it.*