

Websites, Apps and Videos

By Claire Harris

You may not have noticed but over the last 9 months the AStretch committee have been trying to be more committed to putting new and relevant content onto our website on a regular basis. We made a decision last November for each committee member to be responsible for producing an article on a monthly basis and our web master Will, set up a rota – this seemed like a brilliant and fair idea, especially as my name came quite far down the list and September 2018 seemed like a long way off. Then the other committee members started to produce their excellent articles, and I started to get worried – what would I write about? Then at a meeting I met a young man who was attending the meeting as a “patient representative” and I was very impressed by how articulate he was and he mentioned that he had a You Tube presence and he usually “vlogged” about his climbing exploits, but he had also vlogged about being a young person with AS and he was delighted about how well received and popular it was.



This got me thinking, as any of the AStretch Committee will tell you, I am a dinosaur when it comes to social media, I am not on Facebook, I am not on twitter, nor do I follow anyone on twitter I am not on instagram but I occasionally may go onto You Tube, but one of the reasons I avoid social media is because I know I am very easily distracted

(how many times have I thought about writing this article and found something else to do?!), and as the national press reported at the beginning of August that on average we check our smart phones every 12 minutes - I haven't got time. But unless I had had the good fortune to meet Max Poplawski I would never have found his vlog. So I thought there are probably other physios out there who may not be checking their phones every 12 minutes and so may not realise there are in fact quite a number of apps and great websites etc that are specifically developed for AS / AxSpA patients that we could be recommending to our patients, to help them self-manage their condition long term.

So I thought I would make a start on an AStretch resource that perhaps you can add to if you know about or indeed you yourself have developed an app for AS patients. I have been told there are a lot of great apps out there that can be used generally for helping to keep patients motivated with their exercise, but I think for now this resource should be limited to websites / apps / You Tube videos etc that are **specifically designed with AS / AxSpA patients in mind**. [So here to get the ball rolling are a few suggestions that I find useful...](#)



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