

Have you got... The **S** factor?

Spinal pain & stiffness in a young adult

Spinal pain & stiffness lasting more than 3 months in a young adult could be inflammatory if you tick 4 out of 5 boxes:

- It started before the age of 40
- It started slowly: it did not come on suddenly
- You have noticed improvement with exercise
- There is no improvement with rest
- You experience pain at night (with improvement on getting up)

Endorsed by

PCR
PRIMARY CARE
RHEUMATOLOGY SOCIETY

RCGP
Royal College of
General Practitioners

This could be inflammatory arthritis

See your doctor now!

Delay can cause long term disability

For further information see www.arthritisresearchuk.org

Arthritis
Research UK

Providing answers today and tomorrow

With recognition and special thanks to the
Rheumatology Futures Project Group