

Gwybodaeth i Gleifion

Clinig Spondyloarthrits Echelinol a Arweinir gan Ffisiotherapi

Dyma rai opsiynau o ran cael cyngor pellach ynghylch rheoli eich cyflwr, gan gynnwys ymarfer corff.

Mae croeso i chi ffonio 01633 742027 os oes unrhyw gwestiynau gennych.

Mae NASS ar gyfer pawb y mae Spondyloarthrits Echelinol yn effeithio arnynt:
<https://nass.co.uk>

Canllawiau ar gael gan NASS – dolenni i'w lawrlwytho am ddim:



<https://nass.co.uk/wp-content/uploads/resources/AS-Living-Well-01.22v3-FINAL.pdf> (Yn cynnwys ymarferion)



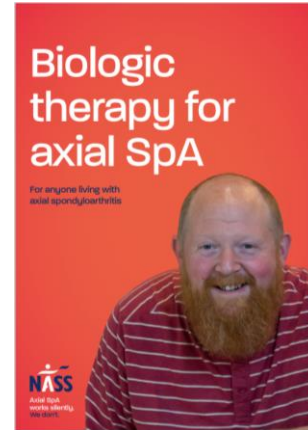
<https://nass.co.uk/wp-content/uploads/resources/AS-Managing-at-work-02.22v3-FINAL.pdf>



<https://nass.co.uk/wp-content/uploads/resources/AS-Fatigue-booklet-12.21-Spreads-22.12.21.pdf>



<https://nass.co.uk/wp-content/uploads/resources/AS-Flares-02.22v5-FINAL.pdf>



<https://nass.co.uk/wp-content/uploads/resources/AS-Uveitis-01.22-v8-FINAL.pdf>

[AS-Biologic-Therapy-02.22-proof-v4-FINAL.pdf](#)

Mae rhagor o adnoddau ar gael drwy'r ddolen hon:

[Living with axial SpA | National Axial Spondyloarthritis Society \(nass.co.uk\)](#)

Ymestyn eich corff ar gyfer eich bywyd bob dydd – fideos ymarfer corff ar wefan NASS:

[Living with axial SpA | National Axial Spondyloarthritis Society \(nass.co.uk\)](#)

Mae Your SpAce ar gyfer unrhyw un sydd â spondyloarthritis echelinol (SpA echelinol), gan gynnwys spondylitis ymasiol (AS). P'un a ydych newydd gael diagnosis neu wedi bod yn byw gyda'r cyflwr ers blynnyddoedd, dyma hefyd gan NASS:

[Your SpAce | National Axial Spondyloarthritis Society \(nass.co.uk\)](#)

Versus Arthritis - am wybodaeth:

[Versus Arthritis | A future free from arthritis](#)

[Ankylosing spondylitis | Symptoms, causes, treatments \(versusarthritis.org\)](#)

Tudalennau gwe Rhewmatoleg BIPAB

<https://bipab.gig.cymru/ysbytai/a-y-o-wasanaethau/rhewmatoleg/>

Llinell Gyngor Rhewmatoleg: 01873 732046

Mae'r ddogfen hon ar gael yn Saesneg / This document is available in English