



# 15 Puzzles on Ankylosing Spondylitis

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## 1 Introduction

This document contains 15 puzzles designed to reinforce knowledge of Ankylosing Spondylitis, covering its etiology, clinical features, diagnosis, management, and complications. The puzzles include crosswords, word searches, matching puzzles, jigsaw puzzles, and fill-in-the-blank activities, suitable for classroom engagement at SNS College of Physiotherapy. Instructions and answer keys are provided for each puzzle.

## 2 Puzzles on Ankylosing Spondylitis

### 2.1 Puzzle 1: Crossword - Clinical Features

**Instructions:** Solve the crossword using clues related to Ankylosing Spondylitis clinical features.

**Clues:**

- **Across:** 1. Morning symptom lasting over 30 minutes (9 letters)
- **Down:** 2. Common spinal deformity in advanced cases (8 letters), 3. Eye inflammation (6 letters)

**Answer Key:** Across: 1. Stiffness; Down: 2. Kyphosis, 3. Uveitis

### 2.2 Puzzle 2: Word Search - Key Terms

**Instructions:** Find 6 Ankylosing Spondylitis-related terms in the word search grid.

**Words:** HLA-B27, Bamboo, Sacroiliac, Enthesitis, NSAIDs, Kyphosis

**Grid:**

H L A B T W X  
 S A C R O Y K  
 N S A I D S P  
 B A M B O O H  
 E N T H E S I  
 S T I F F N E

**Answer Key:** Words are located horizontally, vertically, or diagonally.

## 2.3 Puzzle 3: Matching Puzzle - Definitions

**Instructions:** Match each term to its correct definition.

- A. Ankylosing Spondylitis 1. Inflammation of tendon insertion sites 1
- B. Enthesitis 2. Seronegative spondyloarthropathy
- C. Bamboo spine 3. Radiographic finding of spinal fusion

**Answer Key:** A-2, B-1, C-3

## 2.4 Puzzle 4: Jigsaw Puzzle - Treatment Options

**Instructions:** Match treatment options to their purposes.

- 1. NSAIDs A. Maintain spinal mobility
- 2. Physiotherapy B. Reduce inflammation
- 3. Biologics C. Target inflammatory pathways

**Answer Key:** 1-B, 2-A, 3-C

## 2.5 Puzzle 5: Fill-in-the-Blank - Etiology

**Instructions:** Complete the sentence with the correct term. *Ankylosing Spondylitis is strongly associated with the genetic marker .* **Answer Key:** HLA-B27

## 2.6 Puzzle 6: Crossword - Diagnostic Tools

**Instructions:** Solve the crossword with clues about diagnostic methods.

**Clues:**

- **Across:** 1. Best imaging for early sacroiliitis (3 letters)
- **Down:** 2. Blood test for inflammation (3 letters)

**Answer Key:** Across: 1. MRI; Down: 2. CRP

## 2.7 Puzzle 7: Word Search - Complications

**Instructions:** Find 5 complications of Ankylosing Spondylitis in the grid.

**Words:** Uveitis, Fracture, Kyphosis, Aortitis, Fibrosis

**Grid:**

U V E I T I S  
F R A C T U R  
K Y P H O S I  
A O R T I T I  
F I B R O S I

**Answer Key:** Words are located horizontally or vertically.

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## 2.8 Puzzle 8: Matching Puzzle - Clinical Manifestations

**Instructions:** Match symptoms to their descriptions.

- A. Back pain 1. Improves with activity
- B. Stiffness 2. Worse in the morning
- C. Enthesitis 3. Pain at tendon insertions

**Answer Key:** A-1, B-2, C-3

## 2.9 Puzzle 9: Jigsaw Puzzle - Management Strategies

**Instructions:** Pair management strategies with their goals.

- 1. Exercise A. Reduce inflammation
- 2. NSAIDs B. Improve mobility
- 3. Biologics C. Target TNF-alpha

**Answer Key:** 1-B, 2-A, 3-C

## 2.10 Puzzle 10: Fill-in-the-Blank - Radiographic Findings

**Instructions:** Complete the sentence.

*The characteristic radiographic finding in Ankylosing Spondylitis is called spine.*

**Answer Key:** Bamboo

## 2.11 Puzzle 11: Crossword - Anatomy

**Instructions:** Solve the crossword with anatomical clues.

**Clues:**

- **Across:** 1. First affected joint (11 letters)
- **Down:** 2. Affected spinal region (6 letters)

**Answer Key:** Across: 1. Sacroiliac; Down: 2. Lumbar

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## 2.12 Puzzle 12: Word Search - Treatment Terms

**Instructions:** Find 5 treatment-related terms in the grid.

**Words:** NSAIDs, Biologics, Exercise, Bracing, Therapy

**Grid:**

```
N S A I D S X
B I O L O G I
E X E R C I S
B R A C I N G
T H E R A P Y
```

**Answer Key:** Words are located horizontally or vertically.

## 2.13 Puzzle 13: Matching Puzzle - Complications and Management

**Instructions:** Match complications to their management strategies.

- A. Uveitis 1. Corticosteroid eye drops
- B. Spinal fracture 2. Surgical stabilization
- C. Kyphosis 3. Postural exercises

**Answer Key:** A-1, B-2, C-3

## 2.14 Puzzle 14: Jigsaw Puzzle - Diagnostic Criteria

**Instructions:** Match diagnostic criteria to their descriptions.

- 1. HLA-B27 A. Radiographic evidence
- 2. Sacroiliitis B. Genetic marker
- 3. Morning stiffness C. Clinical symptom

**Answer Key:** 1-B, 2-A, 3-C

## 2.15 Puzzle 15: Fill-in-the-Blank - Lifestyle Modification

**Instructions:** Complete the sentence.

*A recommended lifestyle change for Ankylosing Spondylitis patients is cessation.*

**Answer Key:** Smoking