

International Conference on **Sports Medicine and Fitness** March 23-25, 2015 Chicago, USA

Effect of modified Chinese traditional fitness exercise therapy on BASDAI, BASFI, quality of life and T-lymphocyte subsets in patients with ankylosing spondylitis: Protocol for a randomized controlled trial

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Background: Ankylosing spondylitis (AS) is a common inflammatory rheumatic disease that mainly affects the sacroiliac joint, apophysis, spinal and soft tissue of the spine and peripheral joints. The pathogenesis of AS is complex, and is currently considered to be caused by many factors such as immune genetic and biological, inflammatory or infectious factors, but the precise immunopathological mechanisms and ultimately the histopathological features are still unclear. Chinese traditional physical fitness, including Tai Chi, Qigong, and Dao Yin Shu, have many positive features such as body building and disease prevention. This study is a randomized controlled trial investigating the effect of regular supervised exercise using a modified Chinese traditional fitness program as an adjunct to standard care in stabilized AS patients of the functional class I and II.

Methods/Design: Forty patients between the ages of 18 to 55 years with stabilized AS in functional class I and II, according to the modified New York Criteria, will be recruited. Patients will be randomly allocated to a modified Chinese traditional fitness group (MCTF) or a control group. Interviewers blinded to the participants' treatment group will assess outcomes at baseline and 8, 16 weeks. Blood samples will be taken to assess T-lymphocyte subsets at baseline and 16 weeks.

Biography

Huiru Wang has completed his PhD at the age of 44 years from Shanghai Sport University. He is the Vice Director of the Sport department of Shanghai Jiaotong University. He is major in Classic Yoga, Yoga Therapy and Power Yoga both in theory and practice. He has published more than 15 papers in core journal.

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