

# ABSTRACT

**Title:** Relationship between AS and a year cycle of exercise.

**Goal of thesis:** The summarize available information about AS and using the proper Exercise in at this disease. With help of practical part show the use exercise during a year at the group of patient with different stages of AS.

**Method:** On case study quote and review use exercise at the watching group of patients with the AS. In practical part use records of movement measure.

**Outcomes:** Based on the comparison facts we have confirmed that the exercise has main meaning at the watching group of patients with the AS.

**Key words:** Ankylosing spondylitis (AS), Bechterev disease, HLA B27, rheumatic disease.