

SI Joint

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What is the sacroiliac joint?

The two sacroiliac joints are located at the bottom of the back, above the buttocks. The joint connects the spine to the pelvis. You can see the approximate location of the joints by looking for the “dimples” on your backside.

What is sacroiliac dysfunction?

Sacroiliac dysfunction means that one of both of the sacroiliac joints move improperly. They may be too stiff, allowing no movement, or too lax, allowing too much movement. Improper mechanics leads to increased stress through the joints. Inflammation and pain are the result. This is also known as sacroilitis.

What are the symptoms seen in SI joint dysfunction?

Patients often have pain in the low back, which can radiate into the hip. There may be increased pain with standing or walking or sitting. When SI Joint inflammation has been present for a long time, the piriformis muscle may become tight, and cause symptoms of sciatic nerve compression, or in other words, pain shooting down the back of the leg.

What causes sacroiliac joint pain?

Pain and inflammation can be a result of trauma, poor posture, arthritis, and repetitive movements.

How is sacroiliac joint dysfunction diagnosed?

The physician can diagnose this condition with the physical exam. The patient will have pain over the joint and ligaments are stretched. Leg length differences may also be apparent, but this is due to improper movement of the joint rather than a true difference in length. X-ray, CT, and MRI tests may not show any abnormality and therefore are not useful in making this diagnosis.

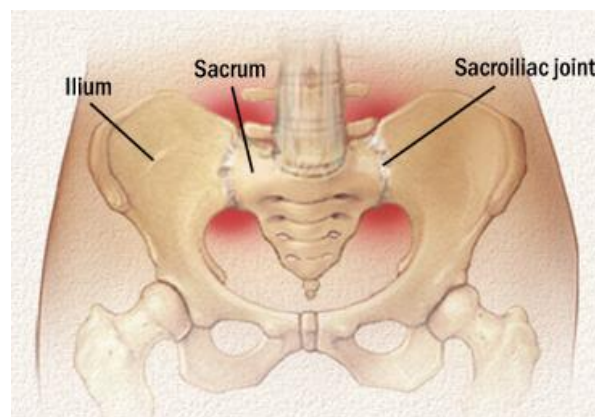
What is the treatment?

Treatment includes relative rest and heat/ice. Anti-inflammatory medications, such as naprosyn, will help reduce inflammation and pain. Physical Therapy will show you stretching techniques to mobilize the joint and exercises to strengthen the muscles of the lower back, abdominal, hip, and thigh (OVER) to stabilize the joint. In rare cases, an injection may be required to treat the inflammation. Typically, patients will see an improvement over a six week period of treatment.

What are the conditions that cause pain in this area?

- 1) Spondylolisthesis – Anterior slipping of one vertebrae on another.
- 2) Spondylolysis – Stress fracture of the spine.
- 3) Sciatica – Herniated disc causing nerve compression.
- 4) Inflammatory Arthritis – Such as ankylosing spondylitis.
- 5) Infection

For more information visit: www.back.com



Dr. Locke's clinical care team