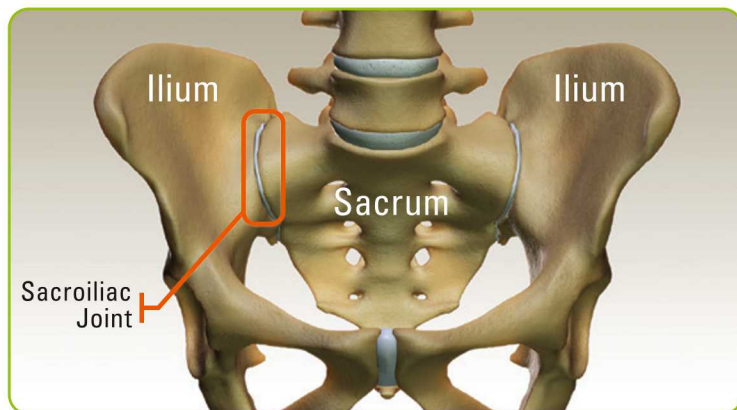


Sacroiliac Joint Dysfunction

15-30% of patients with chronic low back pain may have pain arising from the sacroiliac (SI) joint.¹⁻⁴ Yet, some physicians are not trained to consider the SI joint when evaluating lower back pain. If you are seeing patients with lower back pain complaints, it could be related to their SI joint.

The Sacroiliac Joint



The sacroiliac (SI) joints are between the sacrum and the ilium bones of the pelvis. These joints transfer weight and forces between your upper body and legs.

SI Joint Degeneration



Common causes of SI joint degeneration could be due to previous lumbar spine surgery, stresses due to leg length differences, joint replacement, or scoliosis, osteoarthritis, and other causes.

SI Joint Disruption



Traumatic events could cause SI joint disruption, such as motor vehicle accidents, fall on buttocks, lifting and/or twisting, pregnancy with low back pain frequently referred to as pelvic girdle pain, and natural child birth that could injure the ligaments, muscles, or other soft tissues supporting the SI joint.

Symptom Presentation



Pain from SI joint dysfunction can be in the lower back or spine, buttocks, pelvis, groin, or sometimes in the legs. Symptoms may be similar to other spine conditions such as a herniated disc or a compressed nerve root. Chronic SI joint pain symptoms can make it difficult to perform common daily tasks and can affect every aspect of a patient's life.

Our office currently offers diagnosis and treatment of SI joint dysfunction. If you have patients suffering from SI joint disorders, please consider referring them to our office for a complete evaluation.

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