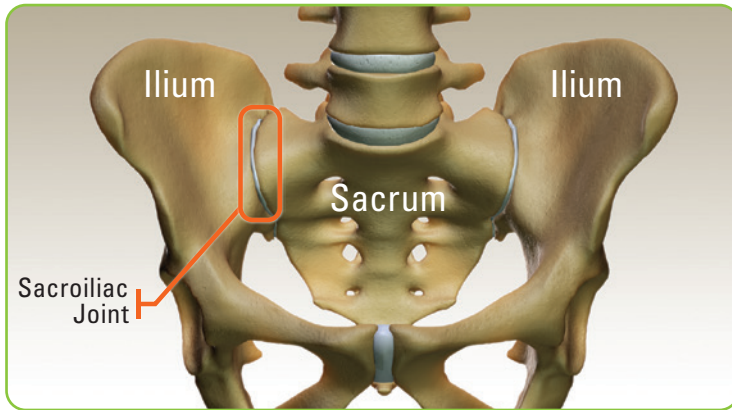


# Sacroiliac Joint Dysfunction

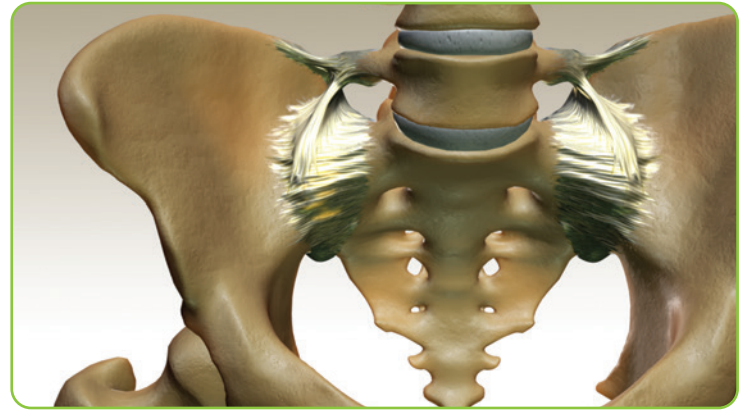
15-30% of patients with chronic low back pain may have pain arising from the sacroiliac (SI) joint.<sup>1-4</sup> Yet, most physicians are not trained to consider the SI joint when evaluating lower back pain. If you are experiencing lower back pain, it may be coming from your SI joint.

## The Sacroiliac Joint



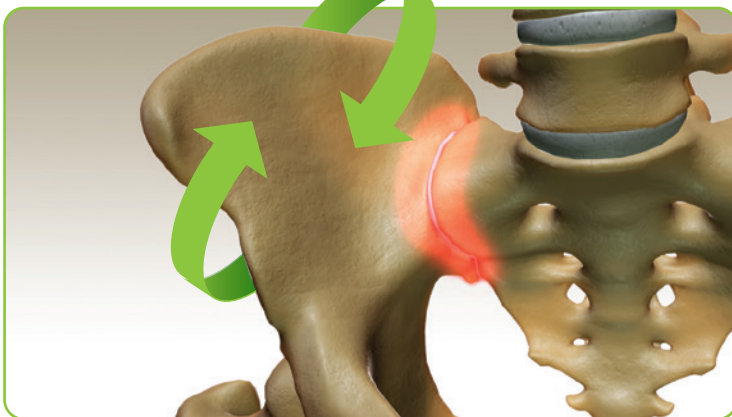
The sacrum attaches to the large pelvic bones known as the ilia. The joints that connect the sacrum to the ilia are called the sacroiliac (SI) joints. These joints transfer weight and forces between your upper body and legs.

## SI Joint Degeneration



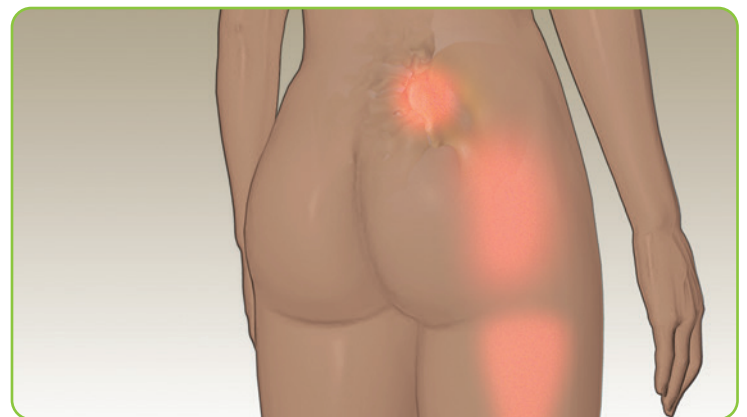
SI joint degeneration can be caused by degenerative disease, trauma, pregnancy/childbirth, prior lumbar fusion and other causes.

## SI Joint Disruption



Injury to the ligaments, muscles, or other soft tissues supporting the SI joint may alter the ability of the SI joint to effectively change to new positions and/or transfer load during routine physical activities.

## Symptom Presentation



SI joint symptoms may present as pain, or feelings of numbness, weakness or tingling in the lower back, buttock and/or legs. Symptoms may be similar to those from other spine conditions such as a herniated disc or a compressed nerve root.

Our office is currently offering diagnosis and treatment for SI joint dysfunction. Please contact us if you would like to schedule an examination to evaluate your lumbar spine and sacroiliac joint.

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2. Schwarzer AC, Aprill CN, Bogduk N. *Spine*. 1995;20:31-7  
3. Maigne JY, Aivaliklis A, Pfefer F. *Spine*. 1996;21:1889-92  
4. Sembrano JN, Polly DW. *Spine*. 2009;34:E27-32