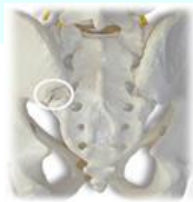


Sacroiliac Joint Injection PATIENT EDUCATION SHEET

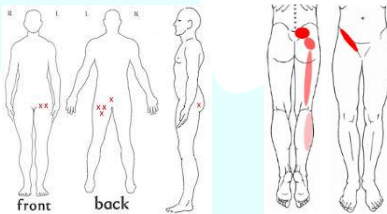
Sacroiliac Joint Anatomy

The SI joint is located between the sacrum and pelvic bones. The sacrum is the tailbone, which is in the middle and at the bottom of the lumbar spine. The tailbone attaches to the waist bones (or ilium), one on each side. So in total there two sacroiliac joints, one on each side of the tailbone. One or both may be affected at one time in any given person.



Sacroiliac Joint as a Pain Source

The sacroiliac joint (SIJ) should not be overlooked as pain source. It is a very common source of low back pain, and many times is misdiagnosed as a problem with the discs or the spine. The sacroiliac joint may be responsible for almost 20 to 25% of all low back pain problems. Like other causes of low back pain, there are some patterns and symptoms associated with SIJ pain, also known as SIJ dysfunction or sacroiliitis. These may include pain one or all of the following areas on one or both sides of the body:



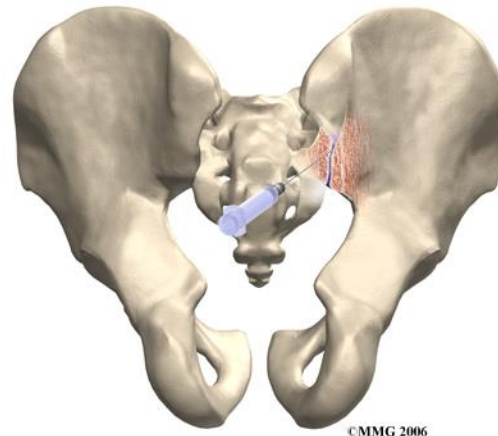
- ✓ Back, Buttock, Hip, Groin or Thigh Pain
- ✓ Discomfort while sitting for long periods of time
- ✓ Difficulty with changing positions from sitting to standing, or vice versa
- ✓ Associated with certain rheumatologic conditions (SLE, ankylosing spondylitis, etc)
- ✓ May be more common in females, during and/or after pregnancy

SI Joint Injections

Sacroiliac (SI) joint pain is easily confused with back pain from the spine. Sometimes injecting the SI joint with lidocaine may help your doctor determine whether the SI joint is the source of your pain. If the joint is injected and your pain does not go away, it may be coming from a different source. If the pain goes away immediately, it confirms that the joint is the pain generator and the added cortisone is to treat inflammation in the joint to provide pain relief. The injection usually gives temporary relief for several weeks or months at a time.

SI joint injections can be used both to treat pain and to determine the source of the pain. This injection usually requires the use of fluoroscopic guidance or ultrasound in order to make sure the needle is placed correctly in the joint.

Sacroiliac Joint Injections



In rare cases, the sacroiliac joint may need to be operated on or the nerves which supply the joint may need to be treated in order to eliminate the pain signals which are causing the pain to begin with.*

**(see patient education sheet for radiofrequency denervation)*