

Sacroiliac Joint Pain



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The sacroiliac joint (SI joint) is the joint bridging the lowest segment of the spinal column, the sacrum, to the bones of the pelvis. These joints support the upper body when we are standing. After time, the SI joint can develop arthritis and become painful, particularly when walking and climbing stairs. The location of pain is generally in the lower back, buttocks and thighs.

Imaging studies such as x-rays, MRI or CT may be unrevealing for SI joint pain and are typically obtained to rule out other lesions. Non-surgical treatment options are most appropriate to relieve SI joint pain. The first treatment options usually include chiropractic care, physical therapy and/or medication. If pain persists, injections may be done. Radiofrequency ablation, or rhizotomy, a procedure done to deaden nerves around the SI joint, may be performed to control pain.

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