

# Sacroiliac Joint Pain

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If you stand up from your chair and feel a pain in your lower back, it could be your sacroiliac (SI) joint acting up. The sacroiliac joint is located at the bottom and just to the side of the back. There are two of them in your lower back, and they sit on each side of your spine. Because this joint's main job is to carry the weight of your upper body when you stand, walk and shift that load to your legs, it's common for the area to become injured or inflamed.

Patients often experience pain in the lower back or the back of the hips when the sacroiliac joint becomes injured. Pain may also be present in the groin and thighs. Dysfunction in the sacroiliac joint is also thought to cause low back pain and/or leg pain. The leg pain can be particularly uncomfortable, and may feel similar to sciatica or pain caused by a lumbar disc herniation.

## Additional Symptoms

The pain can range from an ache to a sharp pain which restricts movement. For instance, if you're sitting up in bed reading a book and suddenly decide to turn off the light, shifting your body to do so may cause pain. Furthermore, putting on shoes and socks may be difficult as well as climbing in and out of a car.

## How is Sacroiliac Joint Pain Diagnosed?

A diagnosis is confirmed through a physical examination. During the physical examination, your doctor or chiropractor may try to determine if the sacroiliac joint is the cause of pain through movement of the joint. If the movement recreates the patient's pain, and no other cause of pain can explain the symptoms, the sacroiliac joint is likely the source. In addition, assessments such as leg length difference tests, straight leg tests, and SI joint rotation will be completed.

## Treatment

Rest from any activities which cause your SI joint pain, particularly running, is highly suggested. Chiropractic adjustments and manipulations are also proven effective. Manual manipulation provided by a chiropractor can be highly effective when the SI joint is fixated or "stuck." Depending on your individual case and severity of sacroiliac joint pain, stretching exercises for the muscles of the hip abductors can help if done gently.