



Sacroiliac joint pain is discomfort or pain in a joint in your lower back or buttocks, below your waist. The sacroiliac joints are the joints between your lower backbone and your hip bones. Strong bands of tissue called ligaments hold the bones of the joints in place.

CAUSES

- Activities that involved twisting, bending, or heavy lifting, like swinging a golf club or shoveling snow
- Weak back and hip muscles
- Injury from a fall
- Imbalance of muscles because one leg is shorter than the other
- Poor posture
- Loosening of the ligaments after pregnancy
- Prolonged sitting/standing especially on uneven surfaces

SYMPTOMS

- Pain and stiffness in the lower back, hips, or legs (pain may start in the back and travel to the legs)
- Trouble bending or twisting your lower back
- Pain after sitting for a long time
- A feeling of being “out of alignment”
- Pain on one side of your low back

TREATMENT

- Ice for 20 minutes every three to four hours
- Moist heat for 20 minutes
- Medication
 - Acetaminophen
 - NSAIDs help decrease swelling, pain and fever. **ALWAYS ASK YOUR PROVIDER IF NSAIDS ARE SAFE.**
- Shoe inserts if leg length discrepancy
- SI belt
- Physical therapy to include stretching and exercises (SI joint pain can be treated with home exercises)
- SI joint injection
- Chiropractic therapy