

# Sacroiliac Joint Disorder: Accurately Diagnosing Low Back Pain

## What is Sacroiliac Joint Disorder?

The sacroiliac (SI) joint is a strong, triangular joint that connects the sacrum (the large, triangular bone at the base of the spine) to the pelvis (the bones that form the hips). This joint is responsible for bearing weight, transmitting forces between the spine and legs, and providing stability to the lower back.

Sacroiliac joint disorder (SIJD) is a condition that occurs when the SI joint becomes inflamed and painful. This can be caused by a variety of factors, including:



## Sacroiliac Joint Disorder: Accurately Diagnosing Low Back Pain by Peter Russell

★★★★★ 5 out of 5

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\* Injury or trauma to the SI joint \* Overuse or repetitive stress on the joint \* Pregnancy \* Inflammatory conditions, such as arthritis \* Degenerative conditions, such as osteoarthritis

## **Symptoms of Sacroiliac Joint Disorder**

The most common symptom of SIJD is low back pain. This pain can vary in intensity from mild to severe, and it may be worse with certain activities, such as:

\* Walking or standing for long periods \* Sitting in one position for too long \* Climbing stairs \* Getting out of bed \* Rolling over in bed

Other symptoms of SIJD may include:

\* Pain in the buttocks or thighs \* Numbness or tingling in the legs \* Difficulty sleeping \* Pain that is worse with menstruation or pregnancy

## **Diagnosing Sacroiliac Joint Disorder**

Diagnosing SIJD can be challenging because the symptoms are similar to those of other conditions, such as lumbar disc herniation and piriformis syndrome. To diagnose SIJD, your doctor will first take a thorough history and perform a physical exam. During the exam, your doctor will look for tenderness, swelling, and pain with movement of the SI joint.

Your doctor may also order imaging tests, such as X-rays, MRI, or CT scans, to visualize the SI joint and look for any abnormalities. However, imaging tests are not always accurate in diagnosing SIJD, and they may not be able to rule out other conditions.

To confirm the diagnosis of SIJD, your doctor may inject a local anesthetic into the SI joint. If this injection relieves your pain, it is likely that you have SIJD.

## Treatment for Sacroiliac Joint Disorder

There is no cure for SIJD, but there are a number of treatments that can help to relieve pain and improve function. These treatments may include:

\* Rest \* Ice \* Heat \* Physical therapy \* Medications, such as anti-inflammatory drugs or pain relievers \* Injections of corticosteroids or local anesthetics \* Surgery

The best treatment for SIJD will vary depending on the individual patient. Your doctor will work with you to develop a treatment plan that is tailored to your specific needs.

## Preventing Sacroiliac Joint Disorder

There is no sure way to prevent SIJD, but there are a number of things you can do to reduce your risk, including:

\* Maintaining a healthy weight \* Strengthening your core muscles \* Avoiding repetitive activities that put stress on your SI joint \* Wearing supportive shoes \* Using proper lifting techniques

If you experience any of the symptoms of SIJD, it is important to see your doctor for accurate diagnosis and treatment.



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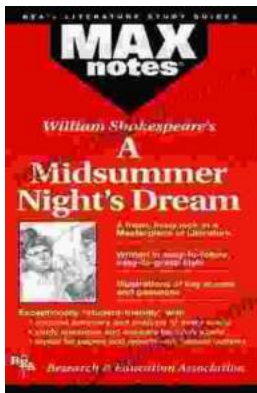
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