



## **Sacroiliac (SI) Joint Injections**

### **Diagnosing and Relieving SI Joint Related Back Pain**

Sacroiliac (SI) joint dysfunction is a common source of pain in the lower back, buttocks, groin, and legs. These generalized symptoms, however, can be easily confused with other causes of back pain. The SI joint injection enables physicians to confirm that irritation or damage to the SI joint is the source of your symptoms. This precise diagnostic tool is also a therapeutic procedure, offering significant pain relief. At Spine & Neuro Pain Specialists, we are experts in utilizing this tool to effectively resolve your symptoms.

#### **How does SI joint injection help?**

SI joints connect the pelvic bones to the spine. They are small and do not move much, but they absorb all the forces of the upper body before balancing and transferring the weight to the hips and legs. When one or both of these joints become irritated or injured, they can cause chronic discomfort and pain.

SI joint injections can accurately pinpoint and alleviate this pain. Guided by fluoroscopy (x-ray imaging) or ultrasound, a pain specialist injects a local anesthetic into the affected SI joint. A corticosteroid medication is also injected. This strong, long-acting medicine reduces inflammation and can provide pain relief over an extended period of time.

#### **How long does it take?**

SI joint injections are safely performed on an outpatient basis. The procedure typically requires 20 to 30 minutes, including preparation time, and is followed by a short period of observed recovery time.

#### **What are the expected results?**

Although they are not a cure, SI joint injections are very effective in reducing inflammation of the joint and providing considerable to complete pain relief for an extended period of time in many patients. Should you experience good short term relief, but no long term relief, there are other options for treating the SI joint. These include, but are not limited to, radiofrequency ablation/denervation/rhizotomy, advanced, regenerative procedures, such as prolotherapy and platelet rich plasma (PRP) therapy.