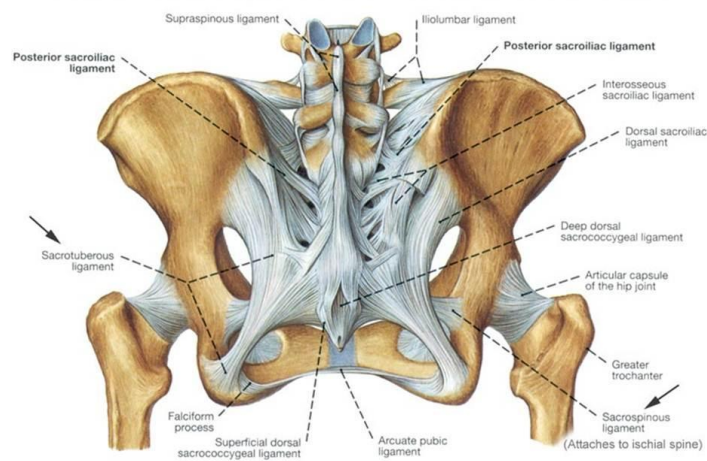




Sacroiliac Instability

What is Sacroiliac Instability?

Pain and injury to the Sacroiliac (SI) joint is called Sacroiliac dysfunction. Over time, chronically injured ligaments cause the SI joint to become “unstable” and allow for abnormal mechanics at the SI joint. Sometimes, the SI joint can become inflamed (Sacroiliitis). This injury is a common cause of both acute and chronic low back pain.



What are the symptoms?

The most common symptoms of SI instability are pain in the low back and buttock areas. Sometimes, the pain can radiate to the back of the hip and mimic sciatica. Many patients feel vulnerable or “unstable” with bending forward. Most patients have pain with prolonged sitting, bending, and certain movements.

How is it diagnosed?

SI instability is mostly a clinical diagnosis. There’s no good blood test, X-ray or MRI to diagnose SI instability. Sometimes it’s a diagnosis of exclusion. Chronic SI instability can last for years.

Treatments:

- NSAIDs – for pain relief
- Manual therapy – physical therapy, chiropractic, osteopathic manipulation
- Acupuncture
- Yoga
- Sacroiliac belt
- Cortisone injection – less effective for chronic cases
- Orthobiologic injections – Prolotherapy or Platelet Rich Plasma (PRP)
- Surgery – minimally invasive fusion, rarely used