

Accurately diagnosing and treating pain with personalized care

Our network of pain management physicians treats a variety of conditions, using comprehensive diagnostic techniques and non-surgical treatments for all musculoskeletal pain.

To learn more about conditions treated, visit NationalSpine.com or ask your affiliated physician.

SI Joint Injections

Diagnosing and Relieving SI Joint Back Pain

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Treatment Brochure

LEAVE PAIN
BEHIND.
**GET BUSY
LIVING.**

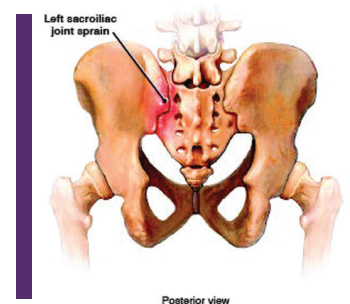
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Sacroiliac (SI) joint dysfunction is a common source of pain in the lower back, buttocks, groin, and legs. These generalized symptoms, however, can be easily confused with other causes of back pain.

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.

Our affiliated physicians are experts in using this tool to effectively improve your symptoms and return you to a healthy lifestyle.



SI Joint Injections

Diagnosing and Relieving SI Joint Back Pain

How does SI joint injection help?

SI joints connect the pelvic bones to the spine. They are small and don't 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. The most common cause of SI joint dysfunction is degenerative arthritis, which occurs when the cartilage lining the joint surface shrinks and wears thin, causing stress on the bone (bone spurs), inflammation, and enlargement of the joint.

SI joint injections can accurately pinpoint and alleviate this pain. Guided by fluoroscopy (x-ray imaging), a pain specialist injects a local anesthetic into the affected SI joint. If the anesthetic relieves your pain, this confirms the diagnosis. A corticosteroid medication is also injected. This strong, long-acting medicine reduces inflammation and provides 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 10 minutes, including preparation time, and is followed by a short period of observed recovery time.

How often should this procedure be done?

Up to three injections may be given within a six-month time frame, usually performed two to three weeks apart. You may, however, gain considerable to complete relief after the first or second injection.

What are the expected results?

Safe and effective, SI joint injections successfully reduce pain for patients. In the hours following the procedure, you may have soreness for one to two days. It's recommended that you take it easy the day of the procedure, but return to your usual activities the following day. The benefit from the corticosteroid medicine will typically occur two to four days following the procedure.

Is there a longer lasting therapy?

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. For even longer lasting benefits, advanced regenerative procedures, such as prolotherapy and platelet rich plasma (PRP) therapy, may be recommended. These innovative techniques promote healing and the potential for permanent improvement.