

# Sacroiliac Joint Dysfunction

## Sacroiliac Joint Dysfunction

- Sacroiliac Joint (SIJ) Dysfunction is becoming increasingly diagnosed and treated as a contributing factor to low back pain
- SIJ is the joint formed between the two halves of the pelvis and the sacrum (the triangular-shaped bone at the base of the spine)
- The SIJ's function is to distribute load between the lower limbs and the spine
- There is a very small amount of movement that occurs at the SIJ and if this is not controlled, it can result in an unstable joint and pain
- The SIJ is a strong synovial joint which is held together by bony alignment, ligaments and muscles; particularly the 'core muscles'



## Interesting facts

- 30% of low back pain is believed to be caused by the SIJ
- The SIJ provides attachment sites for 30-odd muscles
- SIJ injuries can result from a fall onto the bottom or knee, a lifting injury or may even occur during labour
- Pregnancy often causes SIJ pain as ligaments become stretched and the pelvis is under more strain.

## What you can expect/look out for

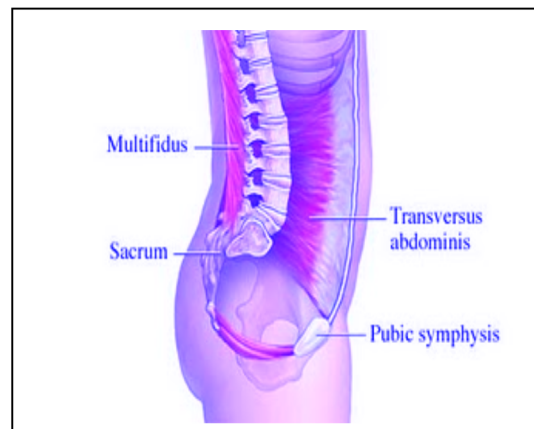
- Pain with sitting, moving from sitting to standing, rolling in bed
- Pain in the pelvic and buttock region with walking and standing on one leg
- Groin pain
- Altered control of bladder function

## Management options

- Physiotherapy guided 'core muscle' strengthening exercises
- Use of Real-time Ultrasound to view, correct and strengthen core muscle contractions
- Pelvic Belt for pregnancy
- Your doctor may prescribe anti-inflammatory medication
- Manual therapy to 'realign' the pelvis and SIJ
- Pilates or core based exercises

## Hints for self-management

- Avoid high load transfer activities such as running, hopping, jumping
- Stretching tight muscles around the pelvis may help relieve symptoms (glutes, quads)
- Heat packs can help relieve tight muscles
- If symptoms come on during pregnancy, a SIJ belt may be advised for you to wear, as this can help support the pelvis



## More information

- Your core muscles play an integral role in the stability of the SIJ
- Core muscles include: Pelvic Floor, Transverse Abdominus, Diaphragm and Multifidus
- Low back pain has been proven to inhibit activation of the core muscles
- Contributing factors to SIJ dysfunction include: muscle imbalances, leg length differences, poor posture, poor core stability, biomechanical abnormalities