



## **Sacroiliac Joint Pain**

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The sacroiliac joint is formed by the connection of the sacrum (which is the triangular shaped bone at the bottom of the spine), and the right and left iliac bones (which commonly people refer to as their hip bones or pelvis). Where these two bones connect the spine to the pelvis is called the SI joint. These joints support the entire weight of the body when we are standing, which can place a lot of stress on the joint.

### **What are the causes of SI joint pain and dysfunction?**

SI joints have a cartilage layer covering the bone like most other joints in the body. This cartilage allows for some movement and acts as a shock absorber between the bones. When the cartilage becomes worn or damaged the bones can rub together and degenerative arthritis can occur. Degenerative arthritis tends to be the most common cause of SI pain. Another common cause of SI joint pain and dysfunction is pregnancy. During pregnancy hormones are released causing the ligaments to relax. This relaxation of the ligaments causes increased motion at the joint that can cause abnormal wear and increased stress. Other causes of SI pain could be any condition that alters normal walking pattern, such as a leg length discrepancy, pain in the hip, knee, ankle or foot.

There are many disorders that can also cause pain and inflammation in the joints in the body as well as the SI joint. These include Gout, rheumatoid arthritis, psoriasis and ankylosing spondylitis.

### **How to treat SI joint pain and dysfunction?**

Oral ant-inflammatory medications, SI injections can be temporary, but helpful in decreasing pain in the SI joint.

Physical therapy can be very helpful. Pain in the SI joint can be related to, too much motion or not enough, Physical therapy can provide stretching and stabilization exercise to help reduce the pain.

### **Can SI pain and dysfunction be prevented?**

Unfortunately SI pain can't be preventable, however, the severity can be reduced through treatment of medication, Physical therapy and maintaining a healthy body weight.