

Sacroiliac (SI) Joint Injection

If you are living with chronic, unmanageable SI joint pain, SI joint injections can provide significant relief. This minimally invasive procedure uses corticosteroids and anesthetics to reduce inflammation and disrupt pain signals from the sacroiliac joint, decreasing the frequency and severity of pain.

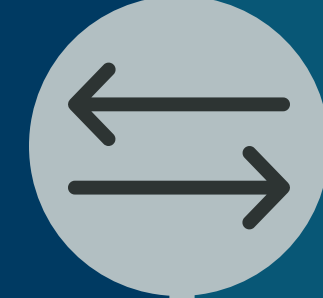
Our physicians at Vitruvian Health are experts in diagnosing and treating chronic SI joint pain. We offer personalized treatment plans tailored to your specific needs, helping you return to the activities you enjoy.



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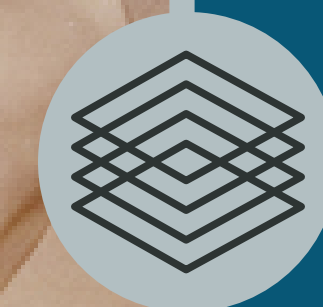
Common Cause of Lower Back Pain: SI joint dysfunction is a prevalent source of lower back pain, often mistaken for other conditions like herniated discs or hip problems.



Bilateral Pain: While SI joint pain is usually felt on one side of the lower back, it can affect both sides simultaneously, making diagnosis more complex.



Pain Referral: SI joint pain can radiate to the buttocks, thighs, groin, and even down to the legs, mimicking sciatica and complicating the identification of the true pain source.



Multiple Triggers: The pain can be caused by various factors, including injury, arthritis, pregnancy, and biomechanical issues, such as leg length discrepancy or abnormal gait.



Diagnostic Challenge: Diagnosing SI joint pain often requires a combination of patient history, physical examination, imaging studies, and diagnostic injections to accurately identify the joint as the pain source.

Definition: SI joint injection is a highly effective, minimally invasive procedure designed to reduce the frequency and severity of chronic sacroiliac (SI) joint pain. This treatment uses a combination of corticosteroids and anesthetics to reduce inflammation and block pain signals from the SI joint.

Procedure:

- **Preparation:** The patient is positioned comfortably to allow easy access to the SI joint.
- **Needle Placement:** A small needle is inserted into the SI joint, guided by imaging techniques like fluoroscopy (x-ray) to ensure precision.
- **Injection:** A mixture of corticosteroid and anesthetic medication is delivered through the needle to reduce inflammation and alleviate pain.
- **Duration:** Each session typically lasts about 5-10 minutes and is conducted on an outpatient basis, allowing the patient to go home the same day.

Frequency:

- SI joint injections can be administered as needed, usually every 6 to 12 months, depending on the patient's response to the treatment and the severity of their pain.
- Many patients may require a series of treatments to achieve optimal results.

Expected Results:

- Patients often notice a reduction in pain within a few days to weeks after the procedure.
- The effects typically last for several months, providing significant pain relief and improved mobility.
- Many patients experience reduced reliance on pain medications and an enhanced quality of life.

Follow-Up:

- A follow-up appointment is usually scheduled to assess the effectiveness of the treatment and to plan any further treatments if necessary.
- Most patients can resume their normal activities immediately after the procedure, although it is advisable to avoid strenuous activities for the rest of the day.

Benefits:

- SI joint injections provide a non-surgical option for chronic SI joint pain sufferers.
- By reducing the frequency and severity of pain, patients can experience significant improvements in their daily functioning and overall well-being.
- This treatment can be a valuable part of a comprehensive pain management plan, including lifestyle modifications and other medical treatments.

Vitruvian.Health

P: 616.841.2615

info@vitruvian.health

F: 616.828.1752