

# Sacroiliac Pain

## Sacroiliac Pain

Typical sacroiliac pain is most often felt on one side or the other of the lower back. Its location more to the right or left side is, in fact, a distinct feature of this type of problem. Sacroiliac joint pain can be either dull or, at times, sharp and knife-like and either constant or intermittent. Depending upon the severity of the problem, it can range from merely uncomfortable to totally disabling. When severe, the pain can confine the sufferer to bed.

The pain can also travel. It is not uncommon to experience pain radiating into one leg or the other. Such pain, when severe, is typical of a sciatic problem.

What causes sacroiliac joint pain? Why is it located on one side? How does it develop into a sciatic problem? To better understand the reasons, a knowledge of the anatomy of the pelvic area is called for.

## Anatomy of the Sacroiliac Joints

The name of the two sacroiliac joints is derived from the bones that make them up the sacrum and the ilium. The sacrum is a triangular shaped bone to which the two ilium, or hip bones, are attached. Together, the sacrum and two hip bones form the pelvis. The sacroiliac joints are capable of considerable movement; as we walk, the joints move back and forth. A number of muscles and ligaments hold the joints – which are crossed by many nerves – together.

Most of these nerves contribute to the sciatic nerve which runs down into the legs.

## Sacroiliac Joint Pain

Some among the many possible causes of sacroiliac pain are:

- ?? strain or sprain
- ?? restricted mobility or fixation of the joints
- ?? unequal weight distribution on the pelvis
- ?? bone and ligament disease
- ?? internal disease

By far the most common causes of sacroiliac pain, however, are strains, sprains and restriction of mobility of the joints.

## Chiropractic Treatment

It is essential that a complete and thorough examination of the lower back and related areas be performed to determine the exact cause of pain. Specialized procedures, including x-rays or blood tests, may be necessary to determine the exact cause and extent of the problem. Often the cause of sacroiliac joint pain is inadequate flexibility and improper position of the joints themselves. This can result from injury, stain, sprain, etc.

Once the chiropractic physician has determined the exact cause of pain, he or she can recommend the proper treatment. Gentle manipulative therapy or “adjustment” of the sacroiliac joints can often restore proper position and adequate flexibility to the area. Once this has been achieved, the joints can return to normal function, thus relieving pain. The chiropractic physician may also utilize physical therapy, therapeutic exercises and other important measures to effectively treat the problem. If you suspect you have a sacroiliac problem, a chiropractic consultation should be seriously considered.