

WHAT ARE SIJ INJECTIONS?

The sacroiliac joint is a large joint in your lower back and buttocks region. When the joint becomes painful, it can cause pain in its immediate region or it can refer pain into your groin, abdomen, hip, buttocks, or legs. Although there are many ways to treat sacroiliac joint dysfunction, sacroiliac joint injections work powerfully to reduce your inflammation and they can provide months of pain relief.

HOW DO SIJ INJECTIONS WORK?

After lying on an x-ray table, the skin over your lower back/buttock will be well cleansed. Next, the physician will numb a small area of skin with anesthetic which may sting for a few seconds. The physician will then use x-ray guidance to direct a very small needle into the joint. They will then inject several drops of contrast dye to confirm that the medication goes only into the joint. A small mixture of anesthetic and anti-inflammatory cortisone will then be slowly injected.

WHAT DO I DO AFTER THE PROCEDURE?

On occasion, you may feel numb, slightly weak, or have an odd feeling in your leg for a few hours after the injection. You may notice a slight increase in your pain lasting for several days as the numbing medication wears off before the cortisone is effective. Ice will typically be more helpful than heat in the first 2-3 days after the injection. You may begin to notice an improvement in your pain 2-5 days after the injection. On the day after the procedure, you may return to your regular activities. When your pain is improved, start your regular exercise/activities in moderation. Even if you are significantly improved, gradually increase your activities over 1-2 weeks to avoid recurrence of your pain.

