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Sacroiliac Joint Pain

The sacroiliac joint is located at the base of the spine where the pelvic bones meet the spine. It is a joint with fairly limited motion, but can be a significant source of pain. The pain from this joint can present acutely or can increase gradually over time depending on the cause. The condition can arise from trauma, mechanical stress on the joint, degeneration, inflammation and in rare cases infection. Patients will generally complain of pain most intensely in the area overlying the joint in the low back/buttocks, but the pain can radiate to the thigh, groin, and in rare instances the lower leg.

Sacroiliac Joint Pain Treatment

Your Sacroiliac Joint pain doctor and specialist will obtain a detailed history and physical exam to determine if your pain is a result of the sacroiliac joint. Additional imaging studies may be necessary. Treatment options for sacroiliac joint pain may include rest, physical therapy, different types of medications, cortisone injections into the joint and in some cases radiofrequency treatments.

Our highly trained Sacroiliac Joint pain physicians care about improving your pain and quality of life. For more information on how Pain Specialists of Orange County can help treat your Sacroiliac Joint Pain, please contact us at 949-297-3838.