

## **Sacroiliac Joint Injection**

### **What is a Sacroiliac Joint Injection?**

- The Sacroiliac Joint (AKA SI Joint) connects the pelvis to the sacrum. It functions to absorb shock between the upper body and the pelvis.
- Dysfunction or inflammation of the sacroiliac joint can cause low back, buttocks, groin, and occasionally leg pain.
- This injection is performed under x-ray guidance and is used to diagnose and treat pain associated with sacroiliac joint dysfunction. A mixture of a steroid and a local anesthetic is injected into the joint. The injection may provide weeks or months of relief and may need to be repeated to provide prolonged relief.
- This injection is performed in conjunction with other treatment modalities, such as physical therapy, massage/soft tissue release, chiropractic treatment, acupuncture, and medications to help you attain the most amount of pain relief.

### **Risks of Injection:**

- Sacroiliac joint injections are generally very safe. However, there are potential risks associated with them:
  - Infection
  - Bleeding
  - Allergic Reaction
  - Nerve injury
  - Elevation of blood sugar or blood pressure due to steroids

### **Prior to the injection:**

- Light sedation is offered for the procedure. You may not eat or drink 8 hours prior to your injection if you are receiving sedation.
- Notify your physician if you have had recent fevers, illnesses, or hospitalizations.

### **Injection Day and Afterwards:**

- Please wear comfortable shoes and clothes. You will change into a gown at the center and lie face-down for the procedure.
- The injection takes approximately 15 minutes. Please allow 1-2 hours of time at the facility.
- Arrange for a driver to transfer you home from the facility as you may have had sedation and/or experience temporary numbness or weakness requiring assistance.
- Rest for the remainder of the day following the injection. You may resume your normal activities the following day.
- You may resume Physical Therapy 2 days following the injection as tolerated.
- Please arrange for a follow-up visit in the office 1-2 weeks after your injection.