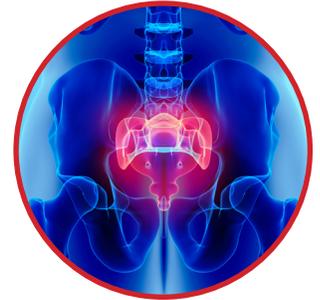


SACROILIAC (SI) JOINT DYSFUNCTION



When dysfunctional, the SI Joint can disrupt proper kinetic function to be a significant source of lower back, buttock, groin and lower extremity pain.

RECOGNITION

Although sometimes difficult to diagnose, **sacroiliac joint pain** may arise from both intra and extra-articular structures within the SI Joint complex, causing **low back, buttock, groin and/or lower extremity discomfort**.

Bending, sitting, running, twisting, and weight-bearing activities on a single leg may **aggravate the condition**.

Your patients may complain of tightness of the iliopsoas, rectus femoris, adductors and hamstring muscles, and/or weakness in the gluteal, lower abdominal and hamstring areas. **A shortened iliopsoas muscle** leads to an anteriorly rotated ilium, in turn lengthening the hamstring and gluteal muscles, undermining their ability to stabilize the SI Joint.

Once the shortened iliopsoas is corrected (lengthened), **neuromuscular re-education and closed kinetic chain exercises** can help to strengthen the afflicted muscle group. Slow, progressive introduction of lumbopelvic core stabilization and multiplanar strengthening exercises will **help your patient** return to daily activities comfortably.



TREATMENT

A multi-step approach is necessary. **Stabilizing Orthotics** should be a part of the protocol to treat underlying biomechanical abnormalities by stabilizing the joint.

Here's what evidence suggests is effective:

- Rest and activity modification, **avoiding** aggravating movements.
- High velocity/low amplitude manipulation of the **SI Joint**. (Other techniques might include myofascial release, muscle energy, trigger point release and acupuncture).
- Therapeutic exercise to **correct muscular imbalances and relieve stress** on the pelvis and lumbar spine.
- Addressing anatomic or functional leg length discrepancies/other lower limb pathology with **Stabilizing Orthotics and/or shoe lift**.
- Electrical nerve stimulation, ultrasound, heat and cryotherapy can be used as part of an **initial physical therapy program**.



Preventative Measures

Ensuring the body is functioning properly in terms of biomechanics, proper nutrition and maintaining a healthy body weight and can help treat and prevent SI Joint dysfunction. **Foot Levelers custom orthotics** help stabilize the lumbopelvic core, thus preventing SI joint dysfunction.

Sources:

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