



## **SACRO-ILIAC JOINT INJECTION**

### **WHAT IS THE SACROILIAC JOINT AND WHY ARE SACROILIAC JOINT INJECTIONS HELPFUL?**

The sacroiliac facet joints are a small joint in the region of the low back and buttocks where the pelvis actually joins with the spine. If the joints become painful they may cause pain in the low back, buttocks, abdomen, groin or legs.

A sacroiliac joint injection serves several purposes. First, by placing numbing medicine into the joint, the amount of immediate pain relief experienced will help confirm or deny the joint as a source of pain. Additionally, the temporary relief of the numbing medicine may better allow a chiropractor or physical therapist to treat that joint. Also, time release cortisone (steroid) will help to reduce any inflammation that may exist within the joint(s).

### **WHAT HAPPENS DURING THE PROCEDURE?**

The patients are placed on the X-ray table on their stomach in such a way that the physician can best visualize these joints in the back using x-ray guidance. Next, the physician numbs a small area of skin with numbing medicine. After the numbing medicine has been given time to be effective, the physician directs a very small needle, using x-ray guidance into the joint. A small amount of contrast (dye) is injected to insure proper needle position inside the joint space. Then, a small mixture of numbing medicine (anesthetic) and anti-inflammatory (cortisone/steroid) is injected. One or several joints may be injected depending on location of the patients usual pain.

### **WHAT HAPPENS AFTER THE PROCEDURE?**

The leg(s) may feel weak or numb for a few hours. This is fairly uncommon, but does occasionally happen.

### **GENERAL PRE/POST INSTRUCTIONS**

Patients can eat a light meal within a few hours before the procedure. If a patient is an insulin dependent diabetic, they must not change their normal eating pattern prior to the procedure. Patients may take their routine medications (i.e. high blood pressure and diabetic medications). These medicines can be restarted after the procedure if they are needed.