

Sacroiliac Joint Injection (SIJ)

WHAT IS IT?

The sacroiliac (SI) injection is used to treat and diagnose lower back pain. It targets the sacroiliac joints, located in the lower back. When these joints become inflamed, you may feel pain in the lower back, buttocks, groin, or legs.

HOW WILL IT HELP ME?

The SI injection may provide relief from pain when other treatments have been unsuccessful. It can also be used as a diagnostic tool in determining the source of your pain. The medications used in SI injections are anesthetics and steroids, which reduce pain and inflammation. They also spread to the area surrounding the SI joints, coating inflamed or irritated nerve roots.



WHAT CAN I EXPECT?

Most likely, you will be instructed to avoid taking pain medication the day of the procedure. Upon arrival, you will meet with one of the healthcare professionals to discuss your medical history and to ask any questions you may have about the procedure.

You may choose to receive IV sedation to help you relax. Once the area is sterilized, a local anesthetic is applied to the skin. Your doctor then uses an X-ray to guide the placement of a very thin needle to the proper position, and then gradually injects the medication. Following the procedure, you will rest in the recovery area. If sedated, you will need a responsible adult to accompany you home.

Due to the nature of the procedure, recovery time is relatively short. Be sure to follow discharge instructions, and contact your doctor if discomfort continues or new symptoms arise.

HOW SOON WILL I FEEL RELIEF?

You may feel immediate relief following the SI injection. The lasting effect of the treatment differs with everyone, ranging from weeks to months. Your doctor may suggest subsequent injections or more permanent procedures to help manage your pain.