



Regd. No.3095/DMC  
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## SPINE CONDITION: SACROILIITIS

Sacroiliitis is a condition that causes inflammation in one or both of the sacroiliac (SI) joints. These joints connect the lower spine to the pelvis and play a vital role in supporting your body's weight. When they become inflamed, it can result in pain and discomfort in the lower back, buttocks, and sometimes the legs.



### What are the Common Symptoms of Sacroiliitis?

1. **Lower Back Pain:** Pain that feels deep and sharp, especially around the lower spine.
2. **Buttock Pain:** A dull ache or sharp sensation radiating to one or both buttocks.
3. **Leg Discomfort:** Pain or numbness that may extend down the thighs.
4. **Worsened by Activity:** Activities like climbing stairs, standing for long periods, or running may make the pain worse.
5. **Morning Stiffness:** The joints often feel stiff and painful upon waking but may ease with movement.



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## What Causes Sacroiliitis?

- **Injury or Trauma:** Accidents or falls can injure the sacroiliac joints.
- **Arthritis:** Conditions like **ankylosing spondylitis** or **osteoarthritis** can lead to inflammation.
- **Infection:** Rarely, infections in the SI joints can cause sacroiliitis.
- **Pregnancy:** The added weight and hormone changes can strain the SI joints.
- **Repetitive Stress:** Activities or jobs that put repeated stress on the joints, such as heavy lifting or prolonged standing, may contribute.

## How is Sacroiliitis Diagnosed?

A diagnosis starts with a detailed medical history and physical examination. Doctors may check for tenderness in the sacroiliac joints and assess how movement affects your pain. The following tests can help confirm the condition:

- **X-rays:** To identify joint damage or inflammation.
- **MRI or CT Scans:** To provide detailed images of the joints and rule out other causes of pain.
- **Blood Tests:** To check for underlying arthritis or infection.
- **Diagnostic Injections:** A local anesthetic may be injected into the joint; if the pain improves, it confirms sacroiliitis.

## Treatment Options for Sacroiliitis

1. **Medication:**
  - Pain relievers like ibuprofen or acetaminophen.



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- Muscle relaxants to ease tension in the surrounding muscles.
- In some cases, corticosteroid injections to reduce inflammation.

## 2. **Physical Therapy:**

- Exercises to improve flexibility and strengthen the lower back and pelvis.
- Postural corrections to reduce stress on the sacroiliac joints.

## 3. **Lifestyle Modifications:**

- Avoiding high-impact activities.
- Using heat or cold packs to manage symptoms.

## 4. **Advanced Interventions:**

- **Minimally Invasive Procedures:** If conservative treatments fail, radiofrequency ablation or joint fusion may be considered.



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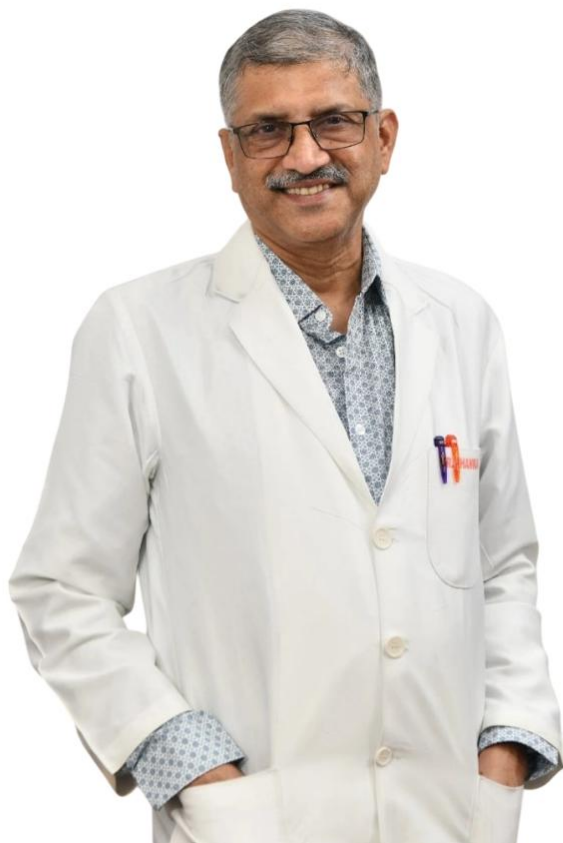
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## When to Seek Medical Help?

If you experience persistent lower back pain that doesn't improve with rest or home remedies, or if you notice stiffness and pain that interferes with daily activities, consult a specialist. Early diagnosis and treatment can prevent complications and improve your quality of life.

**Dr. Shankar Acharya** is an expert in treating conditions like sacroiliitis. With over 30 years of experience, he provides personalized care to help patients from both urban and rural areas lead a pain-free life. Visit Sir Gangaram Hospital, New Delhi, for compassionate and expert spine care.



### SIR GANGA RAM HOSPITAL *Trust of Generations*

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