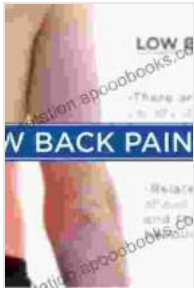


# Sacroiliac Joint Disorder: Accurately Diagnosing Low Back Pain



## Sacroiliac Joint Disorder: Accurately Diagnosing Low Back Pain by Peter Russell

★★★★★ 5 out of 5

Language : English  
File size : 57445 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 290 pages



Sacroiliac joint disorder (SIJD) is a common cause of low back pain. The sacroiliac joint is the joint between the sacrum and the ilium. The sacrum is a triangular bone at the base of the spine, and the ilium is the largest bone of the pelvis.

SIJD can be caused by a variety of factors, including:

- Trauma, such as a fall or car accident
- Pregnancy
- Obesity
- Arthritis
- Spinal stenosis

The symptoms of SIJD can vary depending on the severity of the disorder. Some common symptoms include:

- Low back pain that is worse on one side
- Pain that radiates into the buttocks, thighs, or groin
- Pain that is worse with sitting, standing, or walking
- Stiffness in the lower back
- Tenderness over the sacroiliac joint

SIJD can be diagnosed with a physical examination and a history of the patient's symptoms. The doctor may also use imaging tests, such as an X-ray or MRI, to confirm the diagnosis.

Treatment for SIJD depends on the severity of the disorder. Some common treatments include:

- Medication, such as pain relievers or anti-inflammatory drugs
- Physical therapy
- Injections
- Surgery

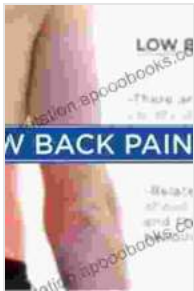
Most people with SIJD can be treated with conservative measures, such as medication, physical therapy, and injections. However, surgery may be necessary in some cases.

If you are experiencing low back pain, it is important to see a doctor to rule out SIJD. Early diagnosis and treatment can help to prevent the condition.

from worsening.

## Additional Resources

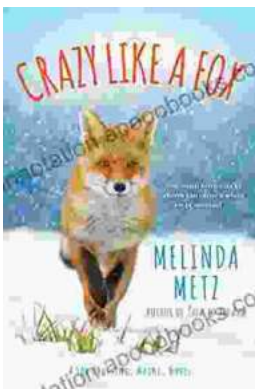
- Mayo Clinic: Sacroiliac Joint Pain
- WebMD: Understanding Sacroiliac Joint Pain
- Spine-Health: Sacroiliac Joint Pain Diagnosis



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