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Vivek Mahendru, M.D.

Sacroiliac Joint Injection

Overview

This procedure is used to care for patients suffering from pain in their sacroiliac joint (SI joint). It is also used as a diagnostic tool in that it helps therapists locate the source of pain that may be emanating from the SI joint.

Background

The SI joints, which are in your lower back, connect your spine to the pelvis, and thus, the entire lower half of the skeleton. These joints are large, they perform a critical role in the body. They help absorb all of the damaging shock forces of the upper body before balancing and transmitting their weight to the hips and legs. When these joints become inflamed or irritated, they may cause pain in the lower back, buttocks, groin or legs.

Procedure

A sacroiliac joint injection serves several purposes. First, by placing local anesthetic into the joint under fluoroscopic guidance, the amount of immediate pain relief a patient experiences will help confirm or deny the joint as a source of pain. Furthermore, cortisone will be injected into the joint to reduce any inflammation, which on many occasions can provide long-term pain relief. This is combined with a suitable physical therapy regimen. For intractable pain, SI Joint Radiofrequency techniques may be considered.



Vivek Mahendru, M.D.

Dr. Mahendru is a fellowship trained pain management physician. He completed multiple fellowships in pain therapy at Roswell Park Cancer Center, Harvard Medical School, and Texas Tech University. Dr. Mahendru is often requested to publish articles in medical journals and lecture at national events, his work and dedication are widely recognized.

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