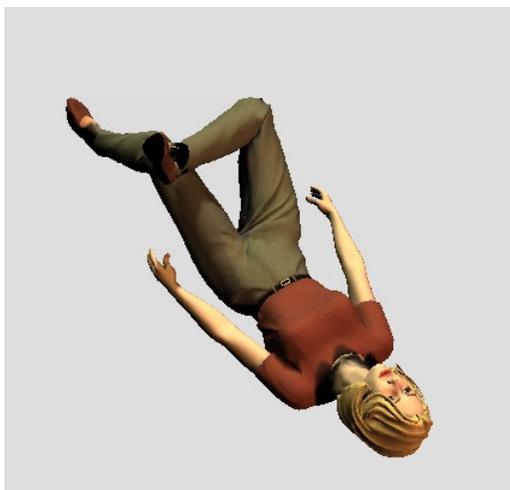


## *What is a piriformis muscle?*

The piriformis muscle is frequently involved in SI joint syndrome. This muscle connects the tailbone to the hip and can cause sciatica. Stretching this muscle can often help reduce leg pain. Ask your doctor or therapist before attempting this stretch. **Stretch the hip with pain:**

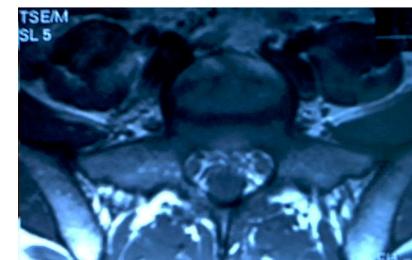
- Lie face up on your back.
- Place the foot over the opposite knee
- Add a stretch to the painful hip by bringing that knee toward the floor



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## **CHRONIC BACK, HIP, AND LEG PAIN CAN BE CAUSED BY THE SACRO-ILIAC JOINT**

### *SI Joint Syndrome*



Alternative Pain Solutions

# THE SI JOINT IS BETWEEN YOUR HIP AND TAILBONE...

The sacro-iliac joint can be injured by a car accident, fall, or pregnancy. Injury to the joint can produce low back, hip, and leg symptoms. It can also hurt as the surrounding muscles become tight and weak.

## WHAT ARE THE SYMPTOMS?

Patients usually experience pain at the back of the hip and into the low back. Pain, numbness, tingling, or burning may also be felt in the front of the thigh. In addition, numbness and tingling down the leg can occur.

## HOW IS THIS PROBLEM DIAGNOSED?

The first part of the diagnosis is a physical examination. Your doctor will look for local tenderness over the joint as well as in associated areas. In addition, hands-on assessment of the joint's mobility may be performed. Finally, the standard of diagnosis is a positive response to an SI joint injection. MRI's and x-rays usually do not show the problem.



*The gold standard of diagnosis is a reduction in symptoms by numbing the painful joint...*

## WHAT IS A SI JOINT INJECTION?

Your doctor will take a picture of the joint with a x-ray. The skin will then be numbed or you will be given sedation. A needle will be inserted into the joint and anesthetic and anti-inflammatory medicine will be injected. If your SI joint is causing pain, making it numb will reduce your symptoms.

## WHAT TREATMENT IS AVIALABLE?



Manual manipulation or mobilization of the joint can help restore mobility and reduce pain.

Exercises can help

strengthen the surrounding muscles. Deep massage, stretching, and IMS treatment can treat tight muscles that may be overloading the joint.

## ARE THERE OTHER TREATMENTS?

Yes, SI joint injections can be used to reduce pain and allow more effective rehabilitation. These are first performed with anti-inflammatory. If your pain returns, prolotherapy injections can usually help heal the joint long-term.

## WILL I RECOVER?

Most patients get relief and return to normal activities. If the problem is more severe, the pain can usually be controlled.

## WHAT CAN I DO AT HOME?

The expression, "someone's pulling my leg" may have more meaning to patients with SI Joint Syndrome. A simple stretch may help relieve your pain.

Lie face up on the ground. Have someone else help you with this stretch.

- Gently hike the hip that has pain. This means bringing that hip slightly upward toward your head.



- Have someone else firmly and slowly pull on your leg for a count of 10.
- Repeat 3-4 times.