

Sacroiliac Dysfunction

Sacroiliac dysfunction is a term we use to describe a broad range of conditions related to the lower back, pelvis, and hips. When walking, bending, or rising out of a chair we need mobility of certain joints coupled with stability of other joints. Often, during these movements we get instability and/or locking of joints.

We have a detailed program to analyze and treat mechanical abnormalities of the lower back, pelvis, and hips.

First a complete history and physical will be done. During the exam ten specific test will be done to examine your sacroiliac stability. Then if necessary, x-rays and possibly an MRI will be ordered.

Our program involves the following steps:

1. **Physical Therapy** to correct muscle imbalance and maintain the alignment. Studies have shown 80% of patients are able to alleviate the problem with physiotherapy. Our therapists at VOVN have specific additional training in manual therapy and lumbar, pelvic, and hip stabilization. You may try a home exercise program as well. * Under this category chiropractic adjustments may be utilized if areas are stuck or misaligned. Manual (hands on) therapy may be helpful.
2. **Sacroiliac belt** to provide stability until muscle control is developed.
3. **Pelvic Floor Training** may be added as an additional therapy if full benefit is not received with standard physical therapy or home exercise. In some cases, the pelvic floor muscles are weak or in spasm due to childbirth, surgery, or other causes and may further perpetuate the issue.
4. **Regenerative Therapy** such as Prolotherapy and Platelet Rich Plasma has been shown to help in the 20% of patients that do not achieve maximum pain relief. This will happen with excessively lax or torn ligaments. The Regenerative therapies involve injections of natural ingredients to stimulate repair of the ligaments.

See attached for study reference.

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