

SI Joint dysfunction

- Mechanical and Arthritic

- **Mechanical:** alters normal joint mechanics - LL inequality, lower extremity joint pain, pes planus, improper shoes, scoliosis, prior Lx fusion, LP muscular dysfunction, repetitive strenuous activity, pregnancy and trauma

- **Arthritic:** OA/inflammatory (AS, PA, enteropathic arthritis, Reiters (morning pain >30 minutes, resolves with exercise)

Hx

- Points to pain over PSIS

- Pain referring to low back, buttock, thigh or sometimes in the lower leg

- Upper 1/3 affected = pain over PSIS

Mid section - pain in mid-gluteal region

lower section = pain in lower gluts

- Aggravated by weight bearing and arising from seating, flexing forward whilst standing, rolling from side to side in bed, getting in and out of car and long car rides

- Relieved by shifting weight off the leg

PE

- +ve SI distraction

- +ve Thigh thrust

- +ve SI compression

- +ve sacral thrust

- +ve Gaeslens

- +ve FABER

- May be +ve in Disc pts

- MP stiffness/hypomobility/apprehension in SI joint

- TTP gluts, ES, iliopsoas

- Assess Lx spine, lower extremity

DDx

- Inflammatory arthropathy

- Maigne's

- LS referral (discogenic)

- Hip DJD/pathology

- Myofascial pain (piriformis)

- Sacral insufficiency f#

- Neoplasm

- Infection

- Viscerosomatic referral



Imaging



- Showing grade II sacroiliitis (Erosions, sclerosis, joint space narrowing, then ankylosis)
- Usually no imaging unless suspected inflammatory arthropathy
- If sacroiliitis, consider CBC, ESR, CRP, HLA-B27 blood tests
- MRI and CT more sensitive for sacroiliitis (bone marrow oedema) - rule out lumbar disc

Management

- SI manipulation
- US
- Ice
- Electrostimulation
- Cross friction massage/IASTM of tendons and ligaments of SIJ
- Myofascial release of gluts, hammies, piriformis, TFL, QL, ES, contralateral Lats
- Core stability (transverse abdominis, abdominal obliques, ES, gluts, hip abductors and adductors)
- Avoidance of prolonged standing, sitting and forced hip abduction
- Sx/steroid if failure of conservative care, recalcitrant