

Topic of the Week

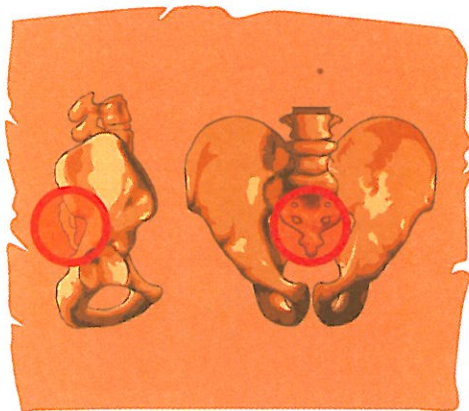
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WE CARE ABOUT YOUR HEALTH

Chiropractic and Sacroiliac Joint Dysfunction

Presented by: Mark J. Glesener, DC

Sacroiliac (SI) joint dysfunction is typically a very painful condition involving the joints that connect your spine to your pelvis. The sacroiliac joints are formed by the sacrum, a bone at the bottom of the spine, and the large iliac bones, located on the left and right of the pelvis. Because of their anatomical position, SI joints can sometimes be considered part of your lower back or your pelvis. These joints support the upper body when it's in an erect position.



If you have SI joint dysfunction, you may feel pain in various parts of your lower body, including the spine, buttocks, hips, groin and legs.

Many patients presenting with SI joint pain tend to think they either have sciatica or tail-bone pain. Although it can resemble other conditions, SI joint dysfunction is a distinct condition of its own. Your chiropractor needs to use keen diagnostic skills to diagnose the SI joints as the source of your pain.

What Causes SI Joint Dysfunction?

SI joint dysfunction is often caused by a fall or injury, but it can also appear without a clear cause. Postural changes due to increased abdominal size can irritate these joints, as can muscle imbalances in the legs, lower back or hips. Sporting activities that require frequent use of these joints, such as golfing and figure skating, may result in SI joint dysfunction.¹

This joint problem often affects pregnant women. Hormonal changes occurring during pregnancy can cause ligaments to relax. When this happens, the SI joints have a more extended range of motion.

This broader flexibility can lead to abnormal wear and stress on these joints.

Exercise of the Week Back Extensions on Exercise Ball, Arms to Side

(Consult your chiropractor before engaging in this or any other exercise.)

Difficulty: Medium

Lie on ball face down with feet on floor, legs straight. Feet together or apart (feet apart is easier). Back in a resting, curled position. Hands positioned to side, arms straight and fingers touching floor.

The exercise: use your low back muscles to bring body into a straight-spine position, shoulders back. Keep arms out to side, palms facing forward, and thumbs up. Do not hyperextend low back. Stop when body is straight. Look at floor while keeping neck in a neutral position. Hold for 1-2 counts.

Repeat 5-10 repetitions.



Presented by:

Fox Valley Chiropractic, Dr. Glesener, Fox Valley Chiropractic
1750 East Main Street, Suite 60, St. Charles, IL 60174, (630) 377-8844
www.drglesener.com,



Fortunately, chiropractic can help in this situation. A study revealed "91% of women with sacroiliac/pelvic subluxations and lower back pain reported relief of pain with chiropractic adjustments."²

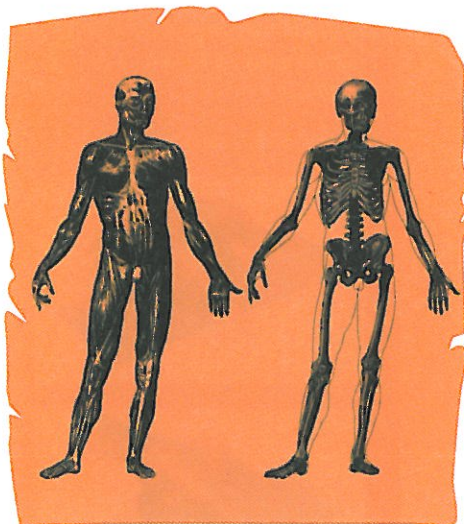
The Chiropractic Approach to a Baffling Condition

How does your chiropractor determine if you suffer from sacroiliac joint dysfunction?

Providing a detailed health history is helpful. Many times, a correct diagnosis can be drawn from the history alone. A physical examination will often be conducted to thoroughly exhaust all the various causes of the pain. X-rays may also be necessary (except in the cases of pregnancy).

Your chiropractor may ask detailed questions about the pain and direct you to point to the painful areas.

If your pain can be reproduced by special tests that challenge the integrity of the SI joints, you'll find that this increases your odds of having a dysfunction of these joints.



Applying direct pressure to the SI joints is one of the techniques used by chiropractors to resolve the problem. The goal is to normalize both the movement and position of this area.¹

You may be required to complete stretching and strengthening exercises for your lower back and pelvis areas to correct posture problems and gait patterns that may contribute to the inflammation of these joints.³ If instability of the SI joints is thought to be the cause of the pain, your chiropractor may recommend that you wear a special belt around your waist to stabilize the joints.



Can You Stop SI Problems Before They Happen?

"An ounce of prevention is worth a pound of cure," said the wise Ben Franklin. Your chiropractor suggests a couple of simple ways to minimize your chances of developing this painful problem.

Keep your body in good physical condition. This helps prevent many problems related to joints, muscles and bones. The second piece of advice is to shed excess pounds. Too much body weight places pressure on the joints and increases the possibility of damage.

By getting chiropractic adjustments and following your chiropractor's advice, you boost your chances of living a life virtually free of muscle and joint pain.

Quote of the Week

"There's only one corner of the universe you can be certain of improving, and that's your own self."

- Aldous Huxley

For more health tips, visit online
www.citruspie.com



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Writer/Editor: David Coyne

Writer: Dr. Christian Guenette, DC

Design: Elena Zhukova

Photos: Fred Goldstein

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