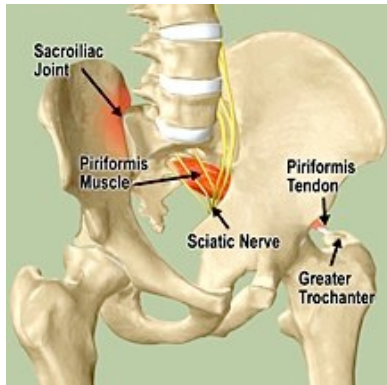
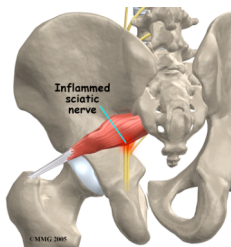




Sacroiliac Joint Pain



The sacroiliac joints are the two joints at the back of the pelvis which join the sacrum to the pelvic bones. During pregnancy these joints become very lax, due to hormonal effects on the joint capsule and supporting ligaments. During pregnancy it is more likely than at any other time that malpositions of these joints will occur, this often results in inflammation of the joint and pain, as well as spasm of the surrounding muscles. Muscles spasm can also affect the sciatic nerve which runs beneath the piriformis muscle, resulting in sciatica.



Symptoms

Sacroiliac joint pain is felt very low down in the back, and usually into the buttock. It is usually one sided and pain may also refer down the thigh or into the groin. Leaning forward often aggravates pain, as does getting out of a chair or out of bed. Pain is often described as sharp stabbing pain on movement, and a dull ache at rest. If the sciatic nerve also becomes inflamed a sharp shooting pain which runs down the leg may also be present.

Managing Sacroiliac Joint Pain

Chiropractic treatment for sacroiliac pain includes releasing malaligned sacroiliac joints using gentle joint manipulation or positioning to correct the alignment, or free the movement of the joints. Massage techniques are also employed to relieve muscle spasm in the area. Postural advice and exercises help to keep joints aligned and muscles relaxed.

The following should be practiced to minimise strain on the sacroiliac joints:

- ✓ In bed, use a pillow between your knees while sleeping to prevent twisting of the pelvis.
- ✓ Use another pillow under your bump when side lying
- ✓ Avoid standing with all your weight on one leg.
- ✓ Do not carry other children on your hip, use a hip seat if necessary.
- ✓ Sacroiliac joint pain is often relieved by sitting on a gym ball.
- ✓ If possible avoid walking up steep inclines, minimise activities which involve leaning forward, e.g. washing up!
- ✓ Gentle stretching techniques can also help to release the muscles around the joint, ask your chiropractor to recommend some suitable for your condition.

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