



## Sacroiliac Joint Injections Explained

The sacroiliac joint is in the lower back/buttock area, where the sacrum, the lowest part of the spine, connects with the ilium, one of the bones of the pelvis. If the [sacroiliac joint becomes painful](#), it may cause pain in the lower back, buttock, hip, groin, or leg. Sacroiliac joint injections use a combination of medications to confirm the source of pain and reduce inflammation for pain relief.

### Understanding The Benefits of Sacroiliac Joint Injections

Sacroiliac joint injections are a valuable tool in both diagnosing and treating pain originating from this crucial pelvic joint.

- **Diagnosing the Source of Pain:** A diagnostic injection uses a local anesthetic. When patients experience significant pain relief immediately after the injection, it strongly suggests the sacroiliac joint is the source of pain.
- **Enhanced Accuracy:** Fluoroscopic guidance ensures the injection reaches the sacroiliac joint precisely, leading to a more reliable diagnosis than blind injections.
- **Targeted Relief with Steroids:** Therapeutic injections combine a local anesthetic with a corticosteroid medication to provide both immediate pain relief and reduce inflammation from the joint for longer-lasting pain relief and improved mobility.
- **Prolonged Relief with PRP:** Regenerative therapy with Platelet Rich Plasma (PRP) can reduce pain for a longer duration than corticosteroids by accelerating the body's natural healing process, leading to tissue repair and regeneration.
- **Addressing the Root Cause:** Steroid and PRP injections address the underlying cause of pain, helping to facilitate exercise participation and prevent future recurrences.

### The Sacroiliac Joint Injection Procedure: Step-by-Step

- You will lie face down on a procedure table.
- The physician will use [fluoroscopic \(X-ray\) guidance](#) to visualize the lowest part of the spine.
- The physician will scrub your skin with sterile soap, place a drape on your back, and numb a small area of skin with anesthetic medication.
- After the anesthetic has been given time to be effective, the physician will then direct a small needle using fluoroscopic guidance into the joint.
- The physician will inject a small amount of contrast (dye) to ensure proper needle position and then a mixture of anesthetic and steroid or PRP into the joint.

## Preparation for Your Sacroiliac Joint Injection

- You will be scheduled at one of our convenient locations, listed below, where you will be for approximately 1-1.5 hours total.
- You may be required to have a responsible adult drive you home.
- You should take your routine medications (i.e., blood pressure and diabetic medications) on the day of your procedure.
- You must not eat any food six hours before your appointment.
- You may have sips of clear liquids up to two hours before your appointment.
- Wear loose, comfortable clothing to your appointment.

## Recovery and Post-Procedure Care

Immediately after the procedure, you will go to a recovery area, where you will be monitored for approximately 15 minutes. Before you are discharged home, you will be asked to rate your pain on a pain scale. You may be asked to move around and try to imitate something that normally brings about your typical pain. Your back or leg(s) may feel weak or numb for a few hours after the procedure. You may not be able to drive on the day of the procedure.

After the injection, plan to relatively rest for the remainder of the day. Avoid strenuous activities and heavy lifting. Light walking and gentle stretching are encouraged to promote circulation and healing. If you have had sedation, you may return to your normal activities the day after your procedure, including returning to work.

## Sacroiliac Joint Injections from Physiatrists Near Me

Our [dedicated physiatrists, who are spine and musculoskeletal specialists](#), administer sacroiliac joint injections at any of our five [Arizona locations](#):

### [Desert Spine and Sports Physicians - Phoenix Office](#)

3700 N. 24th Street  
Suite 210  
Phoenix, AZ 85016

### [Desert Spine and Sports Physicians - Mesa Office](#)

6634 E. Baseline Rd.  
Suite 101  
Mesa, AZ 85206

### [Desert Spine and Sports Physicians - Scottsdale Office](#)

8670 E. Shea Blvd.  
Suite 102  
Scottsdale, AZ 85260

### [Desert Spine and Sports Physicians - Peoria Office](#)

13128 N. 94th Drive  
Suite 200  
Peoria, AZ 85381

### [Desert Spine and Sports Physicians - Gilbert Office](#)

3615 S. Rome St.  
Gilbert, AZ 85297

Ready to relieve pain related to the sacroiliac joint? Schedule a consultation with one of our board-certified and fellowship-trained Physical Medicine and Rehabilitation doctors today.