



# Areas We Treat: SI Joint

## SI Joint Pain Relief Without Surgery

The sacroiliac joint, or SI joint, is a joint that connects the spine to the pelvis. It plays a key role in stabilizing the body and transferring weight between the upper and lower body. When healthy, the SI joint enables smooth, supported movement. But when it becomes dysfunctional, it can trigger sharp or aching pain in the lower back, buttocks, or groin—sometimes radiating into the leg—and make everyday activities like walking, sitting, or climbing stairs difficult.

SI joint dysfunction is often overlooked, yet it can be a major source of chronic low [back pain](#). To combat this, the [board-certified Physiatrists](#) at Desert Spine and Sports Physicians take a non-surgical, evidence-based approach to treating SI joint pain.

Using advanced diagnostics and personalized therapies—including physical therapy prescriptions, image-guided injections and procedures, and regenerative options like PRP—we relieve pain, restore mobility, and help patients return to active living.

## Common Causes of SI Joint Pain

Understanding the source of [SI joint pain](#) is essential to finding lasting relief. Several factors, ranging from biomechanical stress to systemic conditions, can contribute to SI joint dysfunction.

The most common causes include:

- **Abnormal Joint Mechanics:** Leg length discrepancies, altered gait, or pelvic asymmetry including with scoliosis can place uneven stress on the SI joint, leading to inflammation or instability.
- **Pregnancy and Postpartum Changes:** Hormonal shifts and ligament laxity during pregnancy, combined with postural changes and weight gain, can strain the SI joint.
- **Trauma or Injury:** Falls, motor vehicle accidents, or sudden impact to the lower back or pelvis can disrupt SI joint alignment or damage surrounding ligaments.
- **Inflammatory Conditions:** Rheumatological disorders like ankylosing spondylitis or other inflammatory conditions can cause SI joint inflammation, resulting in chronic pain and stiffness.
- **Post-Surgical or Adjacent Segment Stress:** Fusion or limited mobility in the lumbar spine or hips can increase compensatory motion at the SI joint, leading to dysfunction over time.

## Our Non-Surgical Treatment Options

We prioritize conservative, evidence-based strategies to manage SI joint dysfunction and restore function, without surgery. Our specialists draw from a range of therapies designed to reduce pain and improve mobility, including:

- **Fluoroscopically-Guided Injections:** Using real-time imaging, we deliver precise corticosteroid or regenerative injections directly into the SI joint and surrounding ligaments to decrease pain and inflammation and confirm the source of pain.

- **Platelet-Rich Plasma (PRP) Injections:** [PRP](#) harnesses the body's own platelets to promote healing of ligaments surrounding the SI joint as well as cartilage within the joint.
- **Bone Marrow Aspirate Concentrate (BMAC):** For patients with more severe or complex SI joint degeneration, [BMAC](#)—derived from a patient's own bone marrow—delivers stem cells and healing factors to stimulate repair of cartilage, bone, and soft tissue.
- **Prolotherapy:** This [regenerative injection therapy](#) involves introducing a natural irritant to stimulate the body's healing response in ligaments and connective tissue, improving SI joint stability over time.
- **Non-Surgical SIJ Fusion:** Performed under X-ray guidance, this minimally invasive option is used for severe SI joint pain unresponsive to conservative care.
- **Individualized Physical Therapy Planning:** Our team collaborates with skilled physical therapists to develop customized rehabilitation programs that strengthen supporting muscles, restore alignment, and reduce biomechanical strain on the SI joint.

## When to See a Specialist

While some SI joint symptoms may seem mild or intermittent, others clearly indicate that professional evaluation is warranted. Left untreated, [SI joint dysfunction](#) can worsen over time, leading to chronic pain and instability, reduced mobility, and compensatory strain.

### If you notice any of these signs, it's time to seek evaluation:

- Persistent low back, buttock, or groin pain that worsens with prolonged sitting, standing, or transitioning between positions
- Discomfort that increases with activities like climbing stairs, bending, or walking uphill
- Sensations of instability or "giving out" in the pelvis or lower back
- Radiating pain into the thigh that does not follow a clear nerve root pattern
- Limited response to rest, over-the-counter medications, or home remedies
- History of trauma, spinal surgery, or conditions affecting pelvic alignment or spinal mechanics

You should see a specialist for evaluation if you notice these or other serious symptoms.

## Get Back to Yourself with Expert SI Joint Care

If you're experiencing symptoms that suggest SI joint dysfunction, you don't have to live with ongoing discomfort or reduced mobility. At [Desert Spine and Sports Physicians](#), our board-certified Physiatrists specialize in diagnosing and treating spine and musculoskeletal conditions using non-surgical, evidence-based techniques.

With [multiple locations](#) across the Phoenix metropolitan area—including Scottsdale, Gilbert, Mesa, and beyond—accessing expert care is convenient and close to home. Don't let SI joint pain hold you back. Contact Desert Spine and Sports Physicians today to [schedule a comprehensive evaluation](#) and take the first step toward lasting relief.

## Our Locations

Desert Spine and Sports Physicians has multiple convenient locations across the Valley to serve you. Please visit [desertspineandsports.com/locations](https://desertspineandsports.com/locations) for the most up-to-date list of clinic addresses.

**If you need to reschedule your appointment, please give 24 hours notice and call 602-840-0681.**