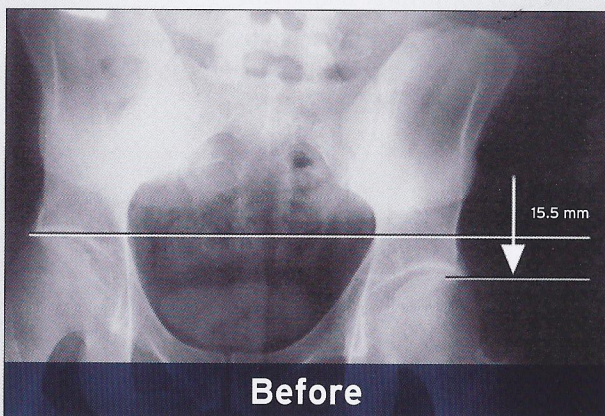
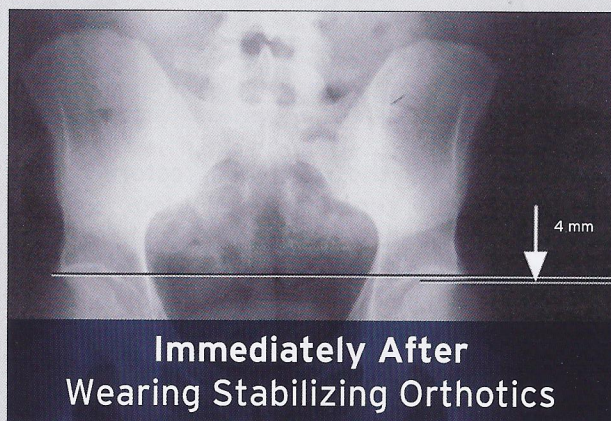


# See the Difference Stabilizing Orthotics Can Make



A short leg can cause an imbalance in the body, which can lead to stress / strain in the pelvis and spine.



Individually designed Stabilizing Orthotics can help to restore balance and relieve postural stress / strain.

X-rays courtesy of Terry R. Yochum, DC, DACBR, FACCR

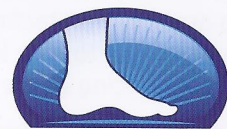
## Sacroiliac Joint Pain

Stabilizing Orthotics are an investment in good postural health. **Ask your doctor how Stabilizing Orthotics may help you.**



### References

1. Mierau DR. et al: Sacroiliac joint dysfunction and low back pain in school aged children. JMPT 1984; 7(2):81-84.
2. Gregory TM: Temporomandibular disorder associated with sacroiliac sprain. JMPT 1993; 16(4):256-265.



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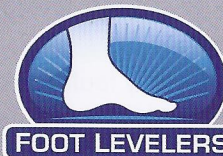
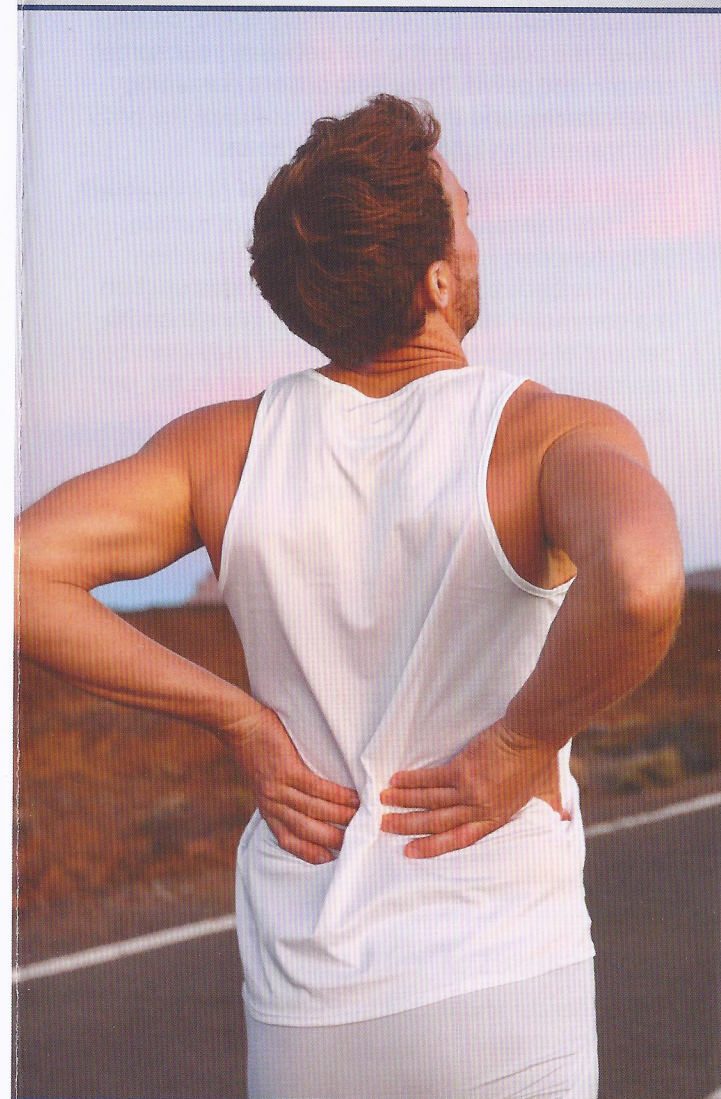
This guide is intended for general information purposes only, and is not a substitute for professional care. Only a health care professional can diagnose the cause of your condition and rule out any serious health problems.

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# Sacroiliac Joint Pain

A Guide for Chiropractic Patients



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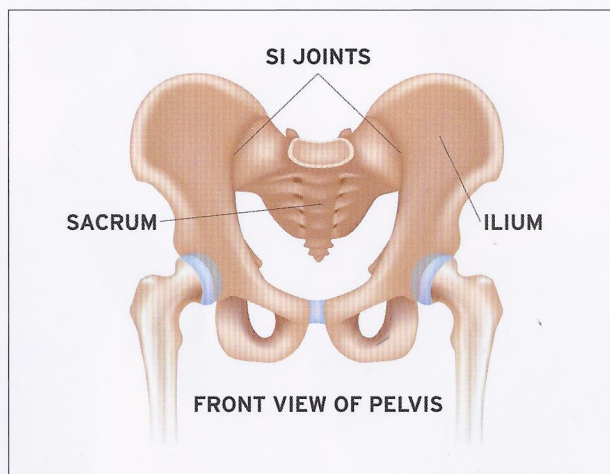


# Sacroiliac Joint Pain

## What is the sacroiliac joint, and what does it do?

The sacroiliac, or "SI", joints (there is one on each side of the body) are the link between your spinal column and pelvis. They help absorb damaging shock forces, and they also help stabilize the body and transmit weight to the lower limbs.

SI joints normally have some amount of movement, and they can move in several planes of motion. SI dysfunction is actually a separate condition from low back pain; however, SI joint dysfunction is a common cause of back pain in more than 30 percent of children.<sup>1</sup> What's more, it may even be a contributing factor to tension and pain in the jaw muscles and joints.<sup>2</sup>



## What causes SI joint pain?

Two separate and distinct categories of SI dysfunction exist:

- **Primary:** occurs suddenly due to trauma, lifting, slipping, or sudden, unexpected movements
- **Secondary:** caused by faulty posture aggravated by your job or your habits. Pressure can build up on the SI joint(s) for years before any obvious discomfort is noticed.

## How do I know if what I have is SI joint pain?

Only a qualified healthcare professional can locate the source or sources of your pain. Here are some common questions your healthcare professional may ask:

- What is the location and intensity of your pain?
- Has the pain spread to other parts of the body (thigh, buttock, groin, leg, foot, etc.)?
- Does the pain cause you to limp?
- Does it hurt to turn over in bed or get up from a chair, etc.?

Also, postural evaluation, joint examination, and diagnostic testing are common techniques many healthcare professionals use to help them determine whether you are experiencing a true dysfunction of the SI joint.

## If both of my SI joints are doing the same work every day, why does one hurt and not the other?

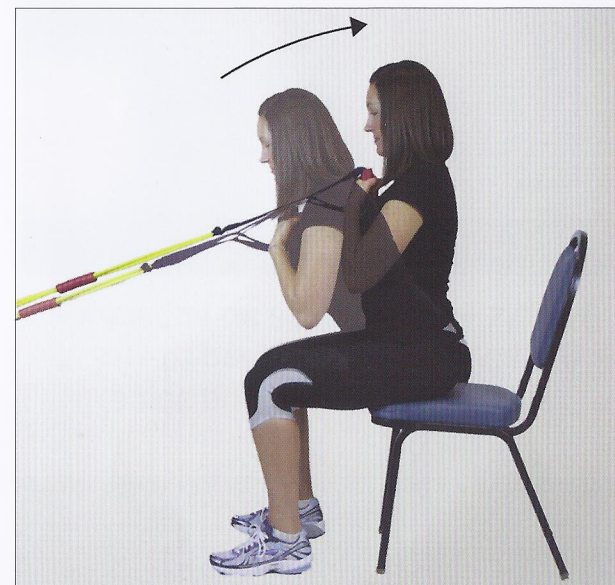
If traumatic injury (a fall, car accident, sports injury, etc.) has been ruled out in your case, and the pain seems to lessen when you're lying down and not moving, a postural imbalance might be contributing to your condition. There may be an imbalance in your feet, or your legs may be unequal in length just enough to be causing stress or strain to your SI joints. Your healthcare professional can determine whether your condition is being affected by a pedal imbalance or leg length inequality (LLI).

## How can my chiropractor help me to get better?

Depending on the diagnosis of your condition, your healthcare professional has treatment programs to help relieve your pain, stabilize your posture,

and restore normal function to your SI joints. The following are just some of the treatment areas your healthcare professional might pursue in your case:

- **Manipulation (adjustment)** of the affected joint(s) for proper alignment
- **Exercise** to build muscle strength and joint stability, such as possibly using the BACKSYS® Home Care Exercise System



- **Stabilizing Orthotics** to help restore foot stability, compensate for a leg length inequality, and absorb damaging heel-strike shock
- **Support for the low back/pelvic areas** when you are sitting or sleeping, such as a cervical support pillow to help promote comfort and proper alignment of the spine during sleep

Speed and extent of recovery vary from person to person. Ask your healthcare professional if postural support products or home exercise equipment could help you improve more quickly.