



IS YOUR LOWER BACK PAIN CAUSED BY SACROILIAC JOINT DYSFUNCTION?

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SCAN ME



Has your pain come back? We would love to help!
Give us a call or visit www.TherapyWestPT.com today!

Is Your Lower Back Pain Caused By Sacroiliac Joint Dysfunction?

Are you living with sacroiliac joint dysfunction? This condition, also known as SI Dysfunction, is a painful sensation felt in the sacroiliac joint region, which is located at the bottom of the spine. A diagnosis for this condition means that the joints connecting the sacrum to the pelvis are moving improperly.

This condition can result in pain in the lower back, buttocks, and/or legs. Inflammation of the joints in this region can also occur, referred to as sacroiliitis.

If you think you may be experiencing the symptoms of sacroiliac joint dysfunction, don't hesitate to contact Therapy West Physical Therapy today.

We'll help improve your normal mobility so you can get moving comfortably again!



What Exactly Is Sacroiliac Joint Dysfunction?

It is important to first understand the anatomy of the sacroiliac joint region before you can understand exactly what this condition is and how it is caused.

At the bottom of your spine, there is a small triangular bone known as the sacrum. It is located below the lumbar region of the spine and above the tailbone, and it consists of five fused vertebral segments. The sacrum is connected to the pelvic bone on both the left and right sides at the sacroiliac joints.

So, what exactly do these joints do? Essentially, they act as shock absorbers. Because this is their main function, they are only meant to move small amounts.

However, sometimes these joints begin to move too much or too little — that's when SI Dysfunction occurs. When someone has hypermobility (too much mobility) in the joints, ligaments begin to loosen, which can cause issues with movement and protection to the bones.

When someone has hypomobility (too little mobility) in the joints, they begin to overcompensate. This can cause problems in nearby joints, resulting in abnormal movements and pain.



Book An Appointment Today!

How Do Hypermobility And Hypomobility Of The Joints Occur?

Hypermobility in the sacroiliac joints can occur for several reasons, including injury to the ligaments or pregnancy.

Hypomobility in the sacroiliac joints can also occur for several reasons, including degenerative joint diseases (such as arthritis) or spinal fusion.

While pain from SI Dysfunction typically manifests in the lower back, buttocks, or legs, it can also spread to surrounding muscles. This can result in pain and muscle spasms in areas that may seem unrelated.

Find Relief For Your Pain Today

If you think you may be suffering from symptoms in your sacroiliac joints, contact us to find out for sure.

Your physical therapist will begin your initial session by conducting a physical exam, in order to determine the cause of your pain and determine the best course of treatment for your needs. From there, an individualized treatment plan will be designed specifically for you, including passive and active treatments to help manage and relieve your pain.

Both the hypermobility and hypomobility that comes with sacroiliac



joint dysfunction can pose significant limits to your daily life. Don't let yourself live with pain and abnormal joint function - contact Therapy West Physical Therapy today to find relief. We can get you back to normal as quickly as possible!

Feel Better By Eating Better!

Easy Roasted Vegetables

- 3/4 lb. Brussels sprouts, trimmed and halved
- 2 large carrots, peeled and sliced into 1/2" pieces
- 2 tbsp. extra-virgin olive oil
- 1 tbsp. balsamic vinegar
- 1 tsp. chopped rosemary leaves
- 1 tsp. chopped thyme leaves
- Kosher salt
- Freshly ground black pepper
- 1/2 c. toasted pecans
- 1/2 c. dried cranberries

Preheat oven to 400°. Scatter vegetables on a large baking sheet. Toss with oil, balsamic vinegar, rosemary, and thyme. Season with salt and pepper. Bake for 20 to 25 minutes, until the vegetable are tender, shaking the pan halfway through. Before serving, toss roasted vegetables with pecans and cranberries.



Get Your Life Back with Therapy West

Make an appointment today to start living your life again, pain-free!

Gunnison | **Ephraim** | **Mount Pleasant** | **Richfield** | **Bicknell**
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Exercises To Do Indoors



Yoga. Yoga provides relaxing physical activity all year long and can easily be done in your bedroom, living room or just about anywhere in the house. You can even use yoga first thing in the morning to wake up slowly and get your body warmed up for the day.

Running alternatives. If you love cardio, you probably don't want to give up that runner's high, but you might not want to venture out into frosty conditions either. Get your heart pumping indoors with cardio exercises you can do at home, such as:

- Climbing stairs
- Mountain climbers
- Jump rope
- Jumping jacks
- Burpees
- High knees

You can keep exercising all winter—without risking frostbite. It might take you a few tries to find an indoor workout you love, but don't give up; you might just find your new favorite activity.

Exercise of the Month Dead Bug | Heel Touches



Lie on your back with your hands and knees raised upward, keeping your core engaged. Slowly lower one heel to the ground, then alternate sides, keeping your core engaged. Repeat 6-10 times on both sides.

If pain increases with this exercise, stop and consult with your physical therapist on possible modifications that need to be made.



Come back and see us!

Are you struggling with pain that won't go away? We want to help! Call us or visit www.TherapyWestPT.com to schedule your consultation today!