

Cardiff Spinal Clinic

Mr. Alwyn Jones. MB BCH, Bsc, FRCS, Msc, FRCS (Orth)

Sacro-Iliac Joint Injection

If you have been diagnosed with sacro-iliac joint pain and if anti-inflammatory medication, physical therapy, chiropractic care and activity modification has not provided relief then an injection to the joint can be performed using x-ray guidance.

Before the procedure: it is usually done as an out-patient treatment under local anaesthetic, although sometimes sedation can be used. If you take blood thinning medication, please let my secretary know as I will need to know as well as the radiologist if it is done by them. We will need to work out, depending on which medication you take, with regards to how many days it needs to be stopped before the injection can be performed

During the procedure: you would be laying on your front on an x-ray table. The area over the joint would be cleaned. Either one or three needles will be placed into the joint using x-ray guidance and through the needle, local anaesthetic and steroid would be injected. The procedure would take between five to fifteen minutes.

After the procedure: it is important that you have somebody with you to drive you home as you will not be able to drive. It is not uncommon to have some soreness in the area after the injection wears off. The steroid would not become effective for the first twenty-four hours. You should limit your exercise for the first four to five days, but you should be able to return to work the next day.

The risks to this procedure include infection, haematoma, nerve injury, leakage of spinal fluid. These risks are well below 1%.