



Procedure Overview

SACRO-ILIAC JOINT INJECTION

What is a sacro-iliac joint injection?

A Sacro-iliac joint injection involves injecting the joint with a local anesthetic (numbing medication) and steroid (anti-inflammatory) to provide pain relief.

What is the goal of sacro-iliac joint injection?

The goal is to provide pain relief so that you are able to resume normal activities. In many cases, we will prescribe a course of physical therapy to help you return to a normal level of activity.

What happens before a treatment?

You will be escorted to a procedure room where a nurse will conduct a pre-procedure interview. The pain specialist who will be performing the injection will review your medical history, previous image studies, physical exam and current medications.

What happens during the procedure?

The patient remains awake during the entire process. Blood pressure, heart rate and breathing are continually monitored. Lying face down on the procedure table the injection site is cleansed with an antiseptic. This procedure involves inserting a needle through the skin, muscle and soft tissues, so there is some slight discomfort involved. An injection of local anesthetic (numbing medication) will be administered in the area where you are experiencing pain. The physician then directs a needle with the use of x-ray guidance and deposits the medication. This procedure takes approximately 30 minutes.