

Is something up with my sacroiliac?

Very possibly.

Anyone who has had to deal with sacroiliac pain knows that it is no laughing matter.

Sacroiliac pain is felt on one side of the lower back and can be dull, throbbing, or sharp and often comes and goes though it also can be constant.

Going up the stairs, getting out of the car, vacuuming, and even walking can be so painful that a person might feel like never leaving their home because it hurts so much to move.

Most sacroiliac conditions are caused by injuries such as falling onto the buttocks or one hip.

Sacroiliac issues may also result from pregnancy and delivery, carrying a thick wallet in one's back pocket as some men do, known as The Billfold Syndrome, or carrying heavy loads, such as children on one hip.

Once the sacroiliac joint is overworked or inflamed, the muscles of the pelvis become likewise overworked because the bones do not line up correctly which causes imbalance.

Since the pelvis is the area where a large amount of body stress occurs, any misalignments can create pain and disability.

Chiropractic care can help with sacroiliac conditions. By realigning the bones of the pelvis, muscle strain is reduced, and joint inflammation can clear up.

Sometimes physiotherapy is used as well as natural anti-inflammatories.

Do you have this kind of pain in your lower back? Give us a call and make an appointment. You'll be very glad you did!