

Sacroiliac (SI) Joint Injection

Treating the joint where your spine meets your pelvis

Step-by-step visual guide
Review with your care team

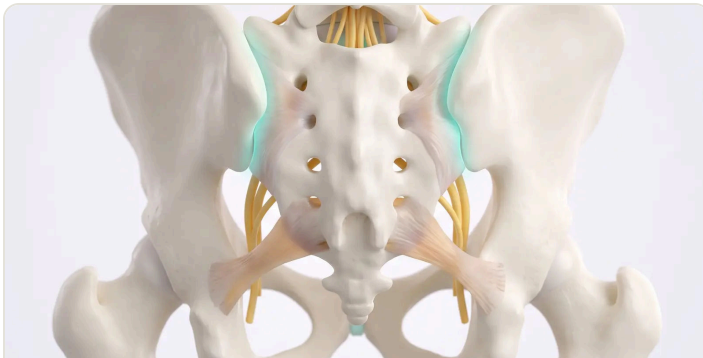
What it is: An image-guided injection of anti-inflammatory medicine directly into the sacroiliac joint — the strong, ligament-wrapped joint connecting the base of the spine to the pelvis.

Often used for: One-sided low-back and buttock pain — often felt standing up from a chair, climbing stairs, or rolling over in bed.

~15 minutes

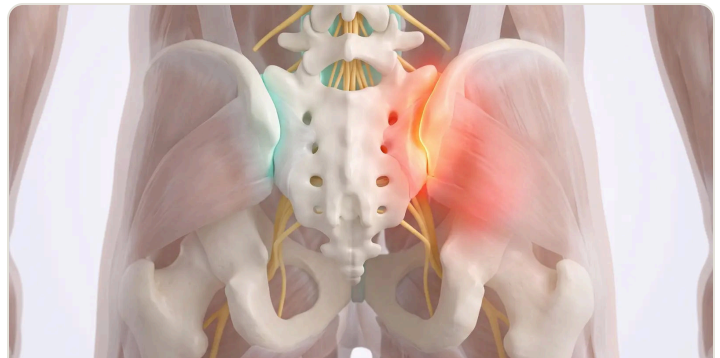
X-ray guided

Also confirms the diagnosis



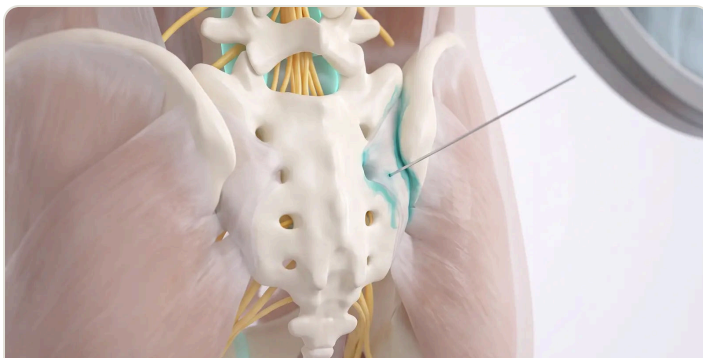
1 The anatomy

The two sacroiliac joints connect the sacrum — the base of your spine — to the pelvis. Crossed by some of the strongest ligaments in the body, they transfer your upper-body weight into the legs with every step.



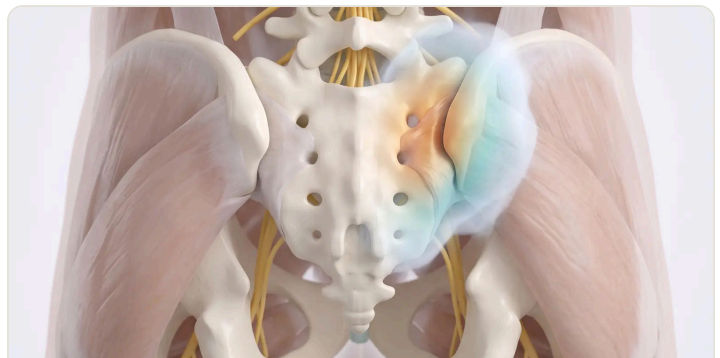
2 Where the pain starts

When an SI joint becomes inflamed or moves poorly, it produces one-sided pain over the buttock (shown glowing), sometimes spreading toward the back of the thigh.



3 The procedure

Under X-ray guidance, a thin needle enters the lower part of the joint. A whisper of contrast dye outlines the joint line, confirming the medicine will reach exactly the right spot.



4 Relief delivered

Anti-inflammatory medication fills the joint and calms the inflammation. The injection is diagnostic too — if the pain eases, the SI joint is confirmed as the true source.

What to expect: Home the same day. Numbing medicine may give hours of early relief; the steroid effect builds over the following week.

This handout is general patient-education material, not medical advice or a treatment recommendation. Illustrations are simplified artistic renderings, not exact anatomy. Benefits, risks, alternatives, and recovery vary by person — your physician will review the specifics of your situation, and you can ask questions at any time. Seek immediate care for fever, new weakness or numbness, loss of bladder or bowel control, or severe worsening pain.