

Important Notes

Do not stop any anti-platelet/ anti-coagulant medications (eg. Aspirin, Plavix, Coumadin, etc.) unless instructed to do so by a HealthPointe Physician.

Please arrive with your pain level of 5/10 or greater to ensure that you will be able to notice the effects of the injection. If your pain level is less than 5/10, your injection may be rebooked.

You may want to avoid taking pain medications on the day of the procedure.

Please feel free to contact our clinic at 780-453-5255

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Sacroiliac Joint Lateral Nerve Block



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What is a SI Joint Nerve Block?

This outpatient procedure is used to help with diagnosing pain from the low back to the buttock, and sometimes into the leg.

What are SI Joints?

The SI joint is what attaches the spine to the hip. It is made up of the Sacrum (part of the spine) and the Ilium (part of the hip).

There are many ligaments that help to strengthen the SI joint.

Lateral nerves extend from the Sacrum and communicate with the SI joint. Therefore the nerves tell the brain when the SI joint has been injured.

Do I have SI Joint Pain?

If you have pain for greater than 2 months in the lower back to buttock and/or leg. Tests such as X-rays or MRIs do not always show if the SI joint is the reason for your pain. The best way to test if you have this pain is to block the pain signals from the lateral nerve.

A SI joint lateral Block disrupts the function of the SI joint lateral branch nerve temporarily. The lateral nerve is then no longer able to transmit pain signals from the affected facet joint to the brain.

SI Joint Lateral Block Procedure

A thin needle is inserted directly into the SI joint under fluoroscopy (a type of X-ray). Fluoroscopy is used to position the needle accurately and safely. A small amount of dye is used by the Physician to assess if the needle is in the proper position.

This injected dye can cause some discomfort. The area will be numbed with an anesthetic medication with the correct needle position.

How Long Should the Pain Relief Last?

After your SI Joint Intra-articular Injection, you will be monitored for approximately 15-30 minutes. The clinic will give you appropriate directions to follow for care following the procedure.

Post-procedure soreness may be experienced. Typically this soreness is caused by muscle and nerve irritation. You may also notice some numbness and tingling in the leg and foot for a maximum of 4-6 hours.

There should be pain relief immediately lasting 4-6 hours. The corticosteroid takes about 1-week post-injection for it to take optimal effects. Pain relief lasts anywhere from a few weeks to several months, depending on the ultimate cause of your SI joint pain.