



Sacroiliac Joint Injection

PATIENT INFORMATION & PROCEDURE GUIDE

Understanding Your Diagnosis

The Sacroiliac (SI) Joint connects the base of your spine (sacrum) to your hip bones (ilium). When this joint becomes inflamed or misaligned—often due to arthritis, injury, or pregnancy—it can cause significant pain in the lower back, buttocks, and radiating down the back of the leg. This is a common but frequently misdiagnosed source of chronic lower back pain.

The Treatment: Sacroiliac Joint Injection (SI Joint)

An SI Joint injection is a targeted procedure designed to reduce inflammation and provide diagnostic clarity. Using a precise blend of local anesthetic and a powerful anti-inflammatory (steroid), we deliver medication directly into the joint space. This "calms" the irritated joint, reducing pain and allowing you to move more freely.

Our Approach: Precision-Guided Relief

At Abilene Pain, our independent model allows us to prioritize precision over volume. Dr. Pugh performs SI injections using Live X-Ray (Fluoroscopy) to ensure the medication is placed exactly within the narrow joint space. This patient-centric approach ensures an accurate diagnosis of your hip and back pain, helping us build an evidence-based plan for your long-term recovery.

Procedure Day Highlights:

- Performed under **Live X-Ray (Fluoroscopy)** for maximum precision.
- We use sedation and local numbing medication to ensure a comfortable experience.
- The entire procedure typically lasts about 10 minutes.
- You will be able to walk out and go home immediately following the visit.

Benefits

- **Direct Inflammation Control:** Delivers medication exactly where it is needed most.
- **Diagnostic Clarity:** Helps confirm if the SI joint is the true source of your discomfort.
- **Functional Recovery:** Reduces pain so you can participate more effectively in physical therapy.

Recovery

- **Immediate Feedback:** You may feel significant relief shortly after the injection due to the local anesthetic.
- **Long-Term Timeline:** The steroid typically begins to provide more lasting relief within 3 to 7 days.
- **Follow-Up:** We will monitor your progress to determine if further treatments or regenerative options are right for you.

Nicolas Pugh, MD | **Adrianne Anders, NP** | **Ted Chaka, PA**

Abilene Pain Locations

Main: 1925 Hospital Drive

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Procedure Summary: Sacroiliac Joint Injection (SI joint)

You have undergone a Sacroiliac (SI) Joint Injection, a targeted procedure designed to reduce inflammation and pain originating from the joint that connects your spine to your pelvis. We have delivered a concentrated blend of local anesthetic and an anti-inflammatory steroid directly into the joint to improve your mobility and decrease localized discomfort.

Activity Restrictions

- **Driving:** No driving for 24 hours if you had IV sedation.
- **Lifting:** As tolerated
- **Exercise:** As Tolerated

Wound Care

- **First 24 Hours:** Leave dressings intact
- **Showering:** Okay to shower
- **Submersion:** Permitted after 24 hours

Pain Management Expectations

- **The Window:** You may feel immediate relief for several hours due to the local anesthetic.
- **The Flare:** It is normal to experience a temporary increase in localized soreness or "bruised" sensation for 2–5 days as the steroid begins to work.
- **Management:** Use ice packs (20 min on/off) and continue baseline medications.
- **Results:** Peak relief typically occurs between 6 weeks and 3 months

Red Flags

- New or worsening leg weakness, numbness, or "foot drop."
- Sudden loss of bowel or bladder control.
- **Fever** >101.5°F, chills, or **drainage at the incision site.**
- **Severe headache** that worsens when sitting or standing.

Follow-Up Schedule

- **1 Month:** Formal functional assessment of procedural efficacy.

Blood Glucose

If receiving a steroid injection, expect a temporary rise in blood glucose levels, which usually resolves within a few days. Diabetic patients should monitor their sugar levels closely for 48–72 hours post-procedure.

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