

### What is Sacroiliitis?

Pain and inflammation of the joint in your lower back where the pelvis meets the spine.

### Common Symptoms:

- Pain in buttocks and lower back
- Pain that extends down your leg
- Pain worsens with prolonged sitting and/or standing or climbing stairs

### Common Causes:

- Trauma
- Obesity
- Arthritis
- Pregnancy
- Obesity
- Repetitive stress

### Associated symptoms:

- Pain and weakness of the neck, shoulder and/or elbow
- Stiffness of the neck, shoulder and/or elbow
- Loss of stability and balance

### Treatment:

- Aggressive stretching and strengthening program
- Physical therapy
- SI joint injections

## Sacroiliitis Treatment

### STRETCHING

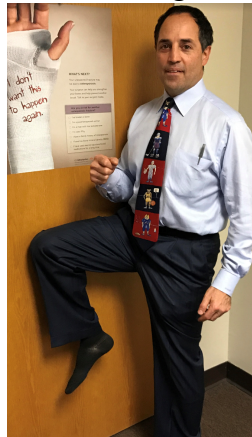


Lay flat and bring your knee to your opposite shoulder. Hold for count of 3 and repeat.

### STRENGTHENING



Back bridges



Lift leg 90 degrees and push against wall.