



SYMMETRY

PHYSIOTHERAPY

Pelvic Pain

There are a number of different causes and types of pain around the pelvis. One of the most common is Sacroiliac Joint pain. The sacroiliac joints (SIJ) are two small joints that connect your lower spine to the pelvis.

The SIJ are extremely strong weight-bearing joints which allow for absorption of impact from the upper body and legs to the spine during normal movement. The joints have many ligaments and muscles, creating a very rigid stable joint that by design, does not move freely like many of our other joints. We need this stability to absorb forces and impact.



What causes SIJ pain?

SIJ pain is commonly caused by a change in the amount of loading or forces the joint can tolerate. In some people, due to either trauma, stiffness, muscle weakness or often pregnancy, the SIJ is exposed to increased forces through the joint that may cause pain and dysfunction.

Hormones are released during pregnancy that increase ligamentous laxity. This is to allow the pelvis to move during labour and allow the baby's passage through the birth canal. Unfortunately, this increase in ligamentous laxity, whilst essential for natural delivery of a baby can result in increased movement of the sacroiliac joint and subsequently pain.

What are the symptoms of SIJ pain?

Common symptoms of SIJ pain include:

- Pain with sitting and/or standing
- Pain with walking / running
- Pain moving from sitting to standing
- Pain standing on one leg
- Pain rolling in bed or getting out of the car
- Pain walking up / down stairs

SIJ pain is often felt as low back pain and/or as pain localised on one side or both sides of the buttocks. In some cases, pain may radiate from the buttocks down the back of the thigh.

Physiotherapy is first line treatment for managing SIJ pain. Physiotherapists will work with you to identify a pattern of aggravating activities, loads and postures and help you modify these to improve your symptoms. Soft tissue work can also be helpful to release associated muscle tension. Physiotherapists will work to identifying potential muscle weaknesses around the back, hips or legs and develop a management plan to gradually load and strengthen these muscles. Often bracing or taping can significantly reduce pain felt in the SIJ and is often used in the initial management of SIJ injuries.

Our highly trained physiotherapists can assess and treat SIJ pain and other causes of pelvic pain. Please get in touch with us if you have been suffering from pain or think you may have an injury requiring assessment.

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