

## *Orthopaedic Connection*

### **Is It Your Sacroiliac That Hurts?**

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#### *Transforming patient information into patient understanding.*

The answer to the title of this week's article on the Sacroiliac joint of course is up to me to determine – not you!

The diagnosis of the site or origin of back pain is very difficult. So it is not up to you to self diagnose. I have been trying to make you aware of one of the causes of back pain that we deal with.

#### **Back to Basics**

When lower back pain grabs you there are several things you should do first.

- Activities – it is pretty obvious, but avoid as able movements and activities that aggravate it. Continue your non painful activities if at all possible.
- Don't go to bed. Except at night!
- Patients who can stay somewhat active recover more quickly.
- Heating pad first, ice second for 15 minutes each twice a day.
- Ibuprofen or Naproxen is best if you can take them. If you can't, take Tylenol.
- Narcotics I don't advise.
- Muscle relaxant – maybe. You'll need a prescription.

#### **One To Two Weeks Later**

If pain is not better in 1 – 2 weeks you should see your doctor. You have to remember that back pain can be coming from other causes than your back itself. Family doctors think of those things and can begin treatment. If they think it is not from your back, they may be able to prescribe other treatment to address other possible causes.

#### **Not Improving**

If you are better you can stop reading (just kidding!).

If you have bad leg pain (usually one) or numbness and tingling in the leg(s) an earlier visit to your doctor is indicated. Or if your pain is worse at night, or worse when you are lying down at rest.

#### **The Evaluation**

Those of you who may read these articles regularly know what I am going to say next.

- A good history – more than where does it hurt?
- A good exam of your back and lower extremities and possibly your abdomen.
- Additional tests perhaps, because there are many causes of back pain. To accurately treat it is best to have pinpointed the source of the pain if at all possible.

There can be more than one cause for a person's symptoms. If the diagnosis is inaccurate, you are not likely to improve.

#### **What Additional Tests**

Well, from my standpoint basic plain x-ray studies of your lower back and pelvis (also including the hips) would be important.

These are the foundation of everything. I personally don't feel MRI, CT or Bone scan should ever be done without basic plain x-rays first.

### **Treatment**

Treatment, conservative and invasive, is a large topic that I want to cover in detail. I don't have space to do it this week, but will finish with it next week so be sure not to skip class next week.

*My patients put their trust in me and what I do improves the quality of their lives.*

### **Office Website and Gratiot County Herald Archive**

Wow! Your window to the Orthopaedic and musculoskeletal world opens at [www.orthopodsurgeon.com](http://www.orthopodsurgeon.com). It contains 1) The Website Library of Information 2) Your Orthopaedic Connection 3) GCH Archive of all previous articles.

You will be amazed at all the helpful information it contains.

All of the information pertains to everything I treat in the office and hospital.

Be well. Good health, good life, all the best to you.

Dr. Haverbush