

Do You Have Lower Back Pain?

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80% of adults suffer from low back pain. This pain can range from mild to severe and it is **increased** (agitated?) by common activities such as getting out of a chair or car, stair climbing, twisting activities such as vacuuming, shoveling, or raking, and even standing on one foot to put your pants on or rolling in bed while you sleep. The pain can radiate into your buttock, thigh, calf, or foot and causes sensation changes like pins & needles or numbness in your foot and ankle. Sacroiliac dysfunctions or misalignments are characterized by right, left, or central low back pain along the belt line.

So, what is the sacroiliac joint? The sacroiliac joints are along the belt line, about 2 to 3 inches from the midline of your spine. The pelvis is a ring of bone composed of three bones: two hip bones (ilium) and the tailbone (sacrum). The sacrum is an inverted triangle of bone, about the size of your fist. There are three joints in the pelvis: the pubic symphysis where the hips come together in the front, and two joints in the back where hips meet the tailbone. Those joints in the back are the sacroiliac joints (SI joints). **(What happens to the SI joint that causes pain)**

A skilled manual therapist can correct the alignment to help reduce pain, and teach you exercises to correct your own alignment and strengthen your core, to maintain a healthy strong back.