

What Is a Sacroiliac Joint Injection and How Can It Relieve Lower Back Pain?

Lower back pain is one of the most common reasons people seek medical care. In many cases, the source of discomfort is not the spine itself but the sacroiliac (SI) joint, which connects the lower spine to the pelvis. For patients struggling with persistent pain, a [sacroiliac joint injection Raleigh](#) treatment may provide both diagnostic insight and meaningful relief.

Understanding Sacroiliac Joint Pain

The sacroiliac joints play an important role in supporting body weight and absorbing shock during movement. When these joints become inflamed or dysfunctional, they can cause pain in the lower back, hips, buttocks, and even the legs.

Common causes of SI joint pain include arthritis, injury, pregnancy-related changes, repetitive stress, and age-related degeneration. Symptoms often mimic other conditions, making an accurate diagnosis essential. This is why many patients searching for a [sacroiliac joint injection near me](#) are looking for a targeted solution that addresses the actual source of their pain.

What Is a Sacroiliac Joint Injection?

A sacroiliac joint injection is a minimally invasive procedure that delivers anti-inflammatory medication directly into the affected SI joint. The treatment is typically performed under imaging guidance to ensure precision and safety.

The injection serves two purposes. First, it helps confirm whether the SI joint is causing the pain. Second, it can significantly reduce inflammation and discomfort, allowing patients to move more comfortably and participate in rehabilitation programs.

For individuals considering an [SI joint injection Raleigh NC](#), the procedure is usually completed on an outpatient basis and requires little recovery time.

How Can It Relieve Lower Back Pain?

When inflammation develops within the sacroiliac joint, it can trigger ongoing pain and stiffness. By delivering medication directly to the affected area, the injection helps calm irritation and reduce pain signals.

Many patients experience improved mobility, better daily function, and a greater ability to perform routine activities. While results vary, pain relief may last from several weeks to several months depending on the underlying condition and individual response to treatment.

Working with an experienced [SI joint pain specialist Raleigh NC](#) can help determine whether this treatment is appropriate as part of a personalized pain management plan.

Why Choose Expert Pain Management Care?

Successful treatment begins with a thorough evaluation and accurate diagnosis. At APC Pain Care, specialists use advanced diagnostic techniques and evidence-based treatments to help patients find relief from chronic pain conditions. Their patient-centered approach focuses on improving function, mobility, and overall quality of life.

Conclusion

Sacroiliac joint dysfunction can be a hidden cause of chronic lower back pain, but effective treatment options are available. A sacroiliac joint injection can help reduce inflammation, confirm the source of pain, and support long-term recovery. Seeking professional evaluation early can make a significant difference in managing symptoms and restoring daily comfort.

Frequently Asked Questions

Is a sacroiliac joint injection painful?

Most patients experience only mild discomfort during the procedure. Imaging guidance helps ensure accuracy and minimizes irritation.

How long does the procedure take?

The injection typically takes less than 30 minutes, and patients can usually return home the same day.

How soon will I feel relief?

Some patients notice improvement within a few days, while others may experience gradual relief over one to two weeks.

Are sacroiliac joint injections safe?

When performed by qualified specialists, SI joint injections are generally considered safe and effective.

Who is a good candidate for this treatment?

Patients with confirmed or suspected SI joint dysfunction who have not achieved adequate relief from conservative treatments may benefit from this procedure.

If chronic lower back pain is limiting your daily activities, scheduling a professional evaluation can help identify the source of discomfort and explore the most effective treatment options available.