

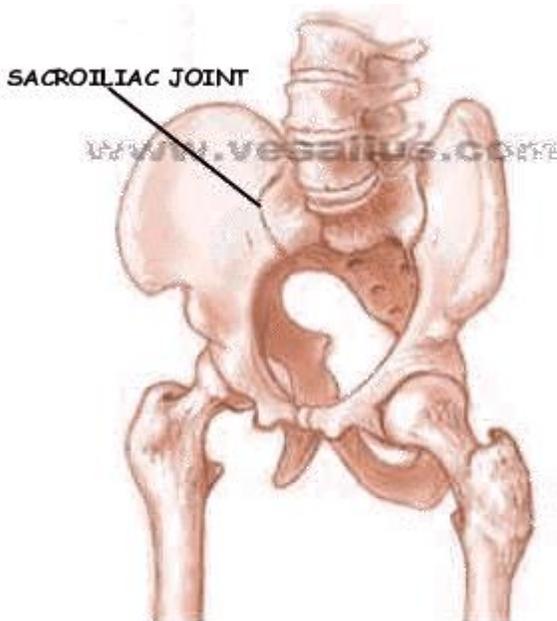
# Holladay Physical Medicine

4211 Holladay Blvd. – Holladay, UT 84124 – (801) 272-8471  
 Bruce Gundersen, D.C., DIANM  
[www.holladayphysicalmedicine.com](http://www.holladayphysicalmedicine.com)

This Information is about this condition in general. Every individual has a unique presentation. Once you understand this information, consult the doctor on any specific questions about your condition.

## Sacroiliac Sprain

Sacroiliac Sprain is primarily a mechanical disorder of the joints of the pelvis and is characterized by the dull ache and pain in the hips, pelvis, tail bone and lower back that may or may not radiate down the legs or into the buttocks. Pain is usually increased when moving from sitting to standing and aggravated by stomach sleeping or hyperextension movements.

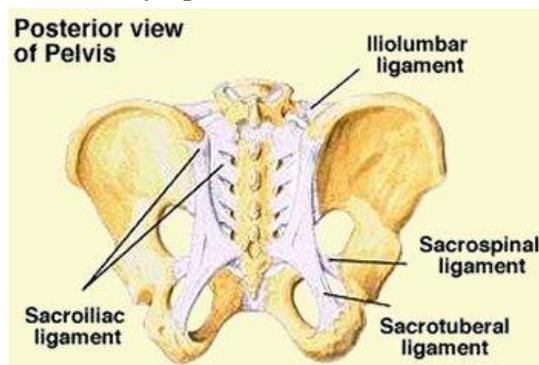


Note the large surface area on the left as it bears all of the upper body weight. Often pain in the leg above the knee can be caused by this mechanical condition. Left untreated, the symptoms will likely subside but the irritation will continue and cause further damage and insult with the next episode of pain.

### DISCUSSION:

The sacroiliac sprain is very common in today's population. The increasing amount of time spent in car seats and at the desk in front of the computer lend to increased dysfunction of the SI joints. Proper sitting and standing techniques help reduce the frequency and intensity of pain. This is often mistaken for discogenic low back pain. If left untreated, this common problem can give rise to disc problems that are far more difficult to treat and tend to progress to radicular pain in

the legs. When treated properly, the mechanical dysfunction is restored and the muscular components strengthened to prevent regular recurrence. There are occasions when the SI joint irritation can cause radicular symptoms.



Ligaments surrounding the SI joint are strong and plentiful. They carry the entire weight of the upper body and they can get stretched and cause chronic dysfunction. Sometimes the swelling of the stretched ligaments causes irritation to the piriformis muscle and the sciatic nerve. This can cause leg pain and mimic posterior joint syndrome, disc syndrome and sciatica. It is important to correctly diagnose the sprain of the SI joints as the treatment is different than that of disc or posterior joint. This is the essence of the sprain and the ligaments must be rested in order to heal.

### TREATMENT

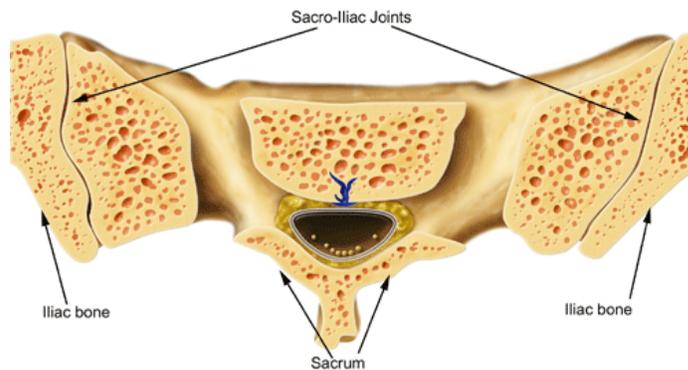
- Ozone Injection

- Bi-polar electrical stimulation
- Specific manipulation
- Eccentric exercises
- TheraGun soft tissue manipulation

## **LIFE STYLE CHANGES:**

Long periods of sitting should be interrupted by standing and stretching. Do not sleep or lie on your stomach and avoid activities that hyper extend the lower back.

Note the large surface area of the joint in the cross section view to the right. Unlike any of other joints of the body, the SI joint has large surface area and a very dynamic combination of planes of motion. Walking, climbing stairs or even moving from sitting to standing are all complicated functions of the SI joint complex. When injured, all of these motions must be altered in order for the symptoms to subside. Specific adjustment of these joints is critical when they are injured or inflamed in order to restore normal alignment and function.



## **USE OF PRESCRIPTION DRUGS**

We do not prescribe drugs nor recommend their use if harmful side-effects are associated with your complaints. We also do not, in any case, recommend changes in the use of prescription drugs that a licensed physician has given you. If you believe alterations in those prescriptions are in the best interest of your health, always consult with the prescribing physician before making any changes.

## **NUTRITION AND SUPPLEMENTATION:**

The ideal situation for nutrition in any injury or disease is first to eat whole foods, and to avoid processed foods, fast foods preservatives, refined carbohydrates and sugar. We have much information on our web page under Absolute Health Clinic. The physical medicine modalities we will provide you will help reduce the symptoms in the time we have projected. If you want to heal, this step is something you will need to take.

Nowadays, even if you do all of those things, you need to realize that our food supply has been gradually depleted. The pure ingredients needed to maintain body function, metabolism and immunity have been drastically reduced. We recommend only whole food supplements. Studies are clear that synthetic vitamins and mineral supplements are not only not helpful to the body in most cases, but can be toxic. Don't expect them to take the place of what we recommend here. They will not help you sufficiently to heal properly. The following list has been prioritized to help you gradually begin to supplement your improved diet and provide your body with the ingredients it needs to restore or improve your immune response and then provide the raw materials in usable form to repair the damaged or diseased tissue. The degree to which you can implement these items will largely determine how fast you recover and more importantly whether or not you have a recurrence or relapse of the symptoms again soon.

These products are all produced by Standard Process. You may obtain them on line from Amazon or other distributors if you like or we can order them for you and save you an average of \$5 per bottle plus you can avoid shipping charges.

## **GENERAL DAILY SUPPLEMENTS**

Catalyn  
Tuna Omega-3 oil  
Calcium Lactate  
Trace Minerals B12  
Cataplex D  
Prolamine Iodine

### **SPECIFIC FOR THIS CONDITION**

Biost  
Glucosamine Sulphate  
Ligaplex II  
Calcifood

Specific dosages will be provided by the doctor.

We have many other specific items for a variety of health deficient conditions. Consult our web page or ask the doctor.

### **HOME REMEDIES AND MEDICINES**

After the first 1-3 days when you should be using 5-8 minutes of cold packs, utilize moist heat packs on a daily basis during the first phase of treatment. 15 minutes is the maximum therapeutic dose for heat in this condition. The application may be repeated with at least 15 minutes of non-heat rest in between. This will help relax tight muscle fibers and bring blood to the region. Hot tubs and baths with Epsom salts provide temporary relief.

The use of over-the-counter medications for pain and inflammation may be seen as necessary at first depending on your pain level and tolerance. Understand that we depend on your natural immune response to function well in order to heal this disorder. Some pain relievers and most anti-inflammatory medications shut off the inflammatory response which is what triggers your body's immune response mechanisms. If you need pain medicines of any kind to continue to function or to be able to do the exercise routines we have recommended, use good judgement in when you use them. We strongly suggest you consider ice packs for 5-10 minutes for pain relief and mechanical positioning of the injured areas to relieve pressure and pain. The more you are able to do these procedures and avoid medications, the faster your immune response will be effective and the sooner you will be out of pain and begin healing. The sooner you can stop taking pain medication, the better it will be for your healing.

### **EXERCISES:**

Exercises should be specific, performed at the right time and in a particular order. They should be simple and aimed at pain relief and stabilization at first. Seek advice from your chiropractic physician on when to do these exercises and how often. When performed correctly, rehabilitation exercises can be the key to avoiding multiple episodes of pain and maintaining the function of the muscles and joints.

Our goal here is to have you begin exercises as soon as the joint mobility has been restored sufficiently. Consistent and proper exercise rehabilitation will shorten your treatment time and help reduce recurrence of the same disorder.

We offer a video training featuring exercises specifically designed and proven effective if properly performed for the rehabilitation of this condition. These video files are available on our web page at [www.holladayphysicalmedicine.com](http://www.holladayphysicalmedicine.com) ---follow that link, then the exercise pulldown menu at the top center of the home page, choose therapeutic and then scroll down to:

Low back sacroiliac

and perform them daily as soon as you can work it into your schedule. Along with the physical medicine we have recommended, it is the regular performance of these exercises that will get you well and keep you well.

## **MAINTENANCE:**

Regular spinal adjustments and mild forms of physical therapy are important to reduce the symptoms on a regular basis. Patients who receive monthly spinal manipulation and therapy report fewer complications and improved life style. It is important that you follow your chiropractic physician's advice about the frequency of treatment for your particular condition.

## **OTHER INFORMATION:**

We offer a wide variety of health information at our web site. [www.holladayphysicalmedicine.com](http://www.holladayphysicalmedicine.com) All patients are welcome to use our information to improve your life and maintain your spinal health.

This information is provided to you as a health service by Dr. Bruce Gundersen, DC, DIANM. He is board certified by the International Academy of Neuromusculoskeletal Medicine and currently serves as chairman of the examination board for the Academy. He is also the President of the Utah College of Chiropractic Orthopedists and clinical director and chief clinician at Holladay Physical Medicine. He has practiced physical and regenerative medicine for over 40 years.