[Request an Appointment](#)[Find a Doctor](#)[Find a Job](#)[Give Now](#)[Log in to Professional Account](#)

English

[Patient Care & Health Information](#) > [Diseases & Conditions](#)

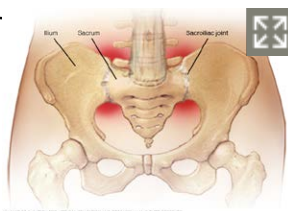
# Sacroiliitis

[Request an Appointment](#)[Symptoms & causes](#)[Diagnosis & treatment](#)

## Overview

[Print](#)

Sacroiliitis (say-kroe-il-e-l-tis) is an inflammation of one or both of your sacroiliac joints — situated where your lower spine and pelvis connect. Sacroiliitis can cause pain in your buttocks or lower back, and can extend down one or both legs. Prolonged standing or stair climbing can worsen the pain.



**Sacroiliac joints**

Sacroiliitis can be difficult to diagnose, because it can be mistaken for other causes of low back pain. It's been linked to a group of diseases that cause inflammatory arthritis of the spine. Treatment might involve physical therapy and medications.

## Symptoms

The pain associated with sacroiliitis most commonly occurs in the buttocks and lower back. It can also affect the legs, groin and even the feet. Sacroiliitis pain can be aggravated by:

- Prolonged standing
- Bearing more weight on one leg than the other
- Stair climbing

Advertisement

## TAGRISSO<sup>®</sup> (osimertinib)

View Clinical Study Results To Learn More About TAGRISSO.

[www.tagrisso.com](http://www.tagrisso.com)



- Running
- Taking large strides



[Request an Appointment at Mayo Clinic](#)

## Causes

Causes for sacroiliac joint dysfunction include:

- **Traumatic injury.** A sudden impact, such as a motor vehicle accident or a fall, can damage your sacroiliac joints.
- **Arthritis.** Wear-and-tear arthritis (osteoarthritis) can occur in sacroiliac joints, as can ankylosing spondylitis — a type of inflammatory arthritis that affects the spine.
- **Pregnancy.** The sacroiliac joints must loosen and stretch to accommodate childbirth. The added weight and altered gait during pregnancy can cause additional stress on these joints and can lead to abnormal wear.
- **Infection.** In rare cases, the sacroiliac joint can become infected.

## Complications

As with other conditions that cause chronic pain, sacroiliitis can result in depression and insomnia.

By Mayo Clinic Staff



[Request an Appointment at Mayo Clinic](#)

Diagnosis &  
treatment



Mayo Clinic does not endorse companies or products. Advertising revenue supports our not-for-profit mission.

### Advertising & Sponsorship

[Policy](#) | [Opportunities](#) | [Ad Choices](#)

### Mayo Clinic Marketplace

Check out these best-sellers and special offers on books and newsletters from Mayo Clinic.

[The Mayo Clinic Diet Online](#)

[Stop Osteoporosis in Its Tracks](#)

[Reduce the Impact of Stress on Your Health](#)

[NEW — Guide to Integrative Medicine](#)

[FREE TRIAL — Mayo Clinic Health Letter](#)

### Advertisement

## TAGRISO<sup>®</sup> (osimertinib)

View TAGRISO Safety & Side Effect Info On  
The Official Patient Site.

[www.tagrisso.com](http://www.tagrisso.com)



References ▼

## Related

- Foot pain
- Leg pain
- Groin pain (male)
- Joint pain

# Sacroiliitis

## Symptoms & causes

## Diagnosis & treatment

Patient Care & Health Information > Diseases & Conditions > Sacroiliitis

CON-20155227



- Request Appointment | Contact Us
- About Mayo Clinic | Employees | Find a Job
- Site Map | About This Site



Mayo Clinic is a not-for-profit organization. Make a donation.

### PATIENT CARE & HEALTH INFO

- Healthy Lifestyle
- Symptoms A-Z
- Diseases & Conditions A-Z
- Tests & Procedures A-Z
- Drugs & Supplements A-Z
- Appointments
- Patient & Visitor Guide

### DEPARTMENTS & CENTERS

- Doctors & Medical Staff
- Medical Departments & Centers
- Research Centers & Programs
- About Mayo Clinic
- Contact Us

### RESEARCH

- Explore Research Labs
- Find Clinical Trials
- Research Faculty
- Postdoctoral Fellowships
- Discovery's Edge Magazine
- Search Publications
- Training Grant Positions

### EDUCATION

- Mayo Clinic College of Medicine and Science
- Mayo Clinic Graduate School of Biomedical Sciences
- Mayo Clinic School of Medicine
- Mayo Clinic School of Continuous Professional Development
- Mayo Clinic School

### FOR MEDICAL PROFESSIONALS & PRODUCTS & SERVICES

- Provider Relations
- Online Services for Referring Physicians
- Video Center
- Publications
- Continuing Medical Education
- Mayo Medical Laboratories
- Healthy Living Program
- Sports Medicine
- Books and more ...
- Mayo Clinic Health Letter
- Medical Products
- Population Health and Wellness Programs
- Medical Laboratory Services

[Billing & Insurance](#)

[Patient Online Services](#)

[of Graduate Medical Education](#)

[Mayo Clinic School of Health Sciences](#)

[Alumni Center](#)

[Mayo Clinic Voice Apps](#)

Any use of this site constitutes your agreement to the [Terms and Conditions](#) and [Privacy Policy](#) linked below.

[Terms and Conditions](#)

[Privacy Policy](#)

[Notice of Privacy Practices](#)

[Reprint Permissions](#)

A single copy of these materials may be reprinted for noncommercial personal use only. "Mayo," "Mayo Clinic," "MayoClinic.org," "Mayo Clinic Healthy Living," and the triple-shield Mayo Clinic logo are trademarks of Mayo Foundation for Medical Education and Research.



This site complies with the HONcode standard for trustworthy health information: [verify here.](#)

---

© 1998-2018 Mayo Foundation for Medical Education and Research (MFMER). All rights reserved.