

Visited 09/19/2018



# Sacroiliac Joint Dysfunction Health Center

Often hard to diagnose, [sacroiliac joint dysfunction](#) is commonly thought of as a source of [lower back pain](#) and/or leg pain. Connecting the triangular bone at the bottom of the spine (the sacrum) with the pelvis, the sacroiliac joint may be a source of pain if its normal motion is disturbed. More specifically, sacroiliac joint pain may be caused by too much or too little movement.



[Watch SI Joint Dysfunction Videos](#)

## Complete Listing

- [Accurate Diagnosis of Sacroiliac Joint Dysfunction](#)
- [Aerobic Exercise for SI Joint Dysfunction](#)
- [All About Sacroiliitis](#)
- [Chiropractic Procedures for the Sacroiliac Joint](#)
- [Exercise for Sacroiliac Joint Pain Relief](#)
- [Gentle Chiropractic Techniques for the Sacroiliac Joint](#)
- [How Sacroiliac Joint Fusion is Performed](#)
- [Sacroiliac Joint Anatomy](#)
- [Sacroiliac Joint Dysfunction \(SI Joint Pain\)](#)
- [Sacroiliac Joint Dysfunction Symptoms and Causes](#)
- [Sacroiliac \(SI\) Joint Exercises for Sciatic Pain](#)
- [Sacroiliitis Treatment](#)
- [Surgical Treatment for Sacroiliac Joint Pain](#)
- [Treatment Options for Sacroiliac Joint Dysfunction](#)
- [What to Know About Sacroiliac Joint Fusion](#)
- [Sacroiliac Joint Fusion Recovery](#)
- [Strengthening Exercises for Sacroiliac Joint Pain Relief](#)
- [Stretches for Sacroiliac Joint Pain Relief](#)

## Related Blog Posts

- [Understanding Sacroiliac Joint Injections](#)
- [Is My Lower Back Pain from Sacroiliac Joint Dysfunction?](#)
- [Understanding Sacroiliac Joint Dysfunction and Pain](#)
- [2 Little-Known Treatments to Relieve Sacroiliac Joint Pain](#)

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