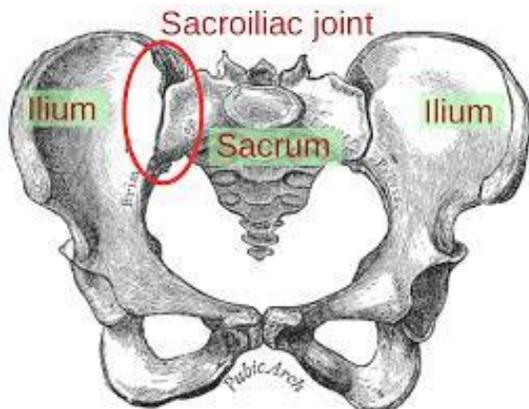


## Sacroiliac Joints



Sacroiliac Joints are large joints in the pelvis in between the sacrum and ilium. These joints move in small amounts compared to other joints.

However, sacroiliac joints are very important as they move slightly with each step or bending of the back.

The motion allows us to take full strides and creates rotation of the pelvis with each step. When

sacroiliac joints become stuck or immobile our pelvic region as a whole does not function properly. Think about the tires on a car and how inflation of the tires affects the driving experience. When the tire pressure is lower on the right than the left, the car will constantly pull to the right. If not fixed, the car continues to pull in one direction creating uneven wear and tear on the tires and other moving parts of the vehicle. The same thing happens with the two sacroiliac joints in the body. When the joint is not moving as well as it should the joint will cause dysfunction wearing one side harder than the other. The human body will try to compensate which will develop uneven musculature and even motion of the low back. When one joint has less motion our gait and walking motion become altered constantly pulling our body to one side.



Credit: Dr. Bob Ruddy

