

CE Course Sacroiliac Joint Pain – 2 hours

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Course Summary

Sacroiliac (SI) joint dysfunction is a common yet often overlooked source of mechanical low back pain, accounting for an estimated 15%–30% of cases. Located between the sacrum and ilium, the SI joints are the largest axial joints in the body and play a critical role in transferring forces between the spine, pelvis, and lower extremities. Their complex anatomy, limited mobility, and rich nociceptive innervation make them important contributors to pain and dysfunction.

Current research supports the SI joint as a legitimate source of low back pain, with biomechanical dysfunction, altered load transfer, trauma, pregnancy-related changes, degeneration, and motor control impairments all contributing to symptom development. Understanding the influence of anatomy, biomechanics, and sexual dimorphism is essential for accurate diagnosis and effective treatment.

This continuing education course provides an evidence-informed overview of SI joint anatomy, biomechanics, pain mechanisms, clinical assessment, differential diagnosis, and management strategies, helping chiropractors improve the evaluation and treatment of patients with sacroiliac joint dysfunction and pain.

OUTLINE

HOURL 1

- Part 1 – Historical Background, Prevalence
- Part 2 – Prevalence continued and Etiology
- Part 3 – Anatomy, Biomechanics and Differential Diagnosis

HOURL 2

- Part 4 – Differential Diagnosis continued, SIJ Stability
- Part 5 – SIJ Stability continued, Myofascial Slings and Examination
- Part 6 – Examination continued and Management