

## River Cities Interventional Pain Specialists

Since 2004 Dr. Randall P. Brewer has been in clinical private practice in Shreveport, Louisiana and maintains academic appointments at Duke University and Louisiana State University, where he routinely lectures in the areas of Pain Medicine and clinical Neuroscience in the Department of Neurology and the Medical school. He is board certified by the American Society of Anesthesiologists, the American Board of Pain Medicine, and the American Board of Psychiatry and Neurology.

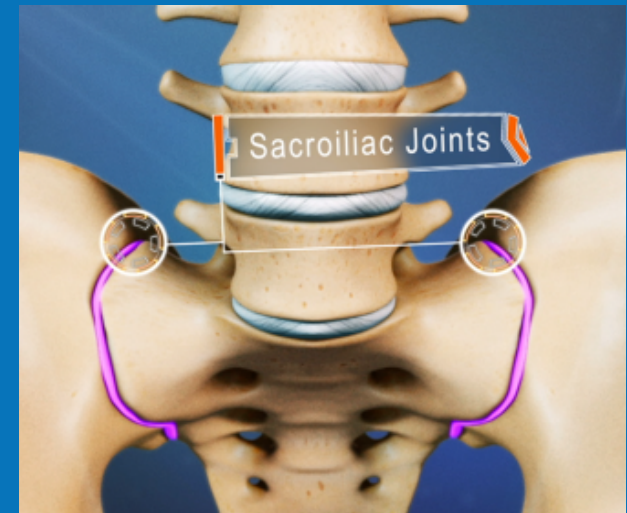
Dr. Brewer and his multi-disciplinary team of highly skilled nurses and physician extenders provide comprehensive pain management treatment solutions to treat chronic pain disorders. The team works collaboratively with patients and area providers to develop individualized treatment plans and attainable goals. . These strategies help patients to effectively address a wide range of chronic pain disorders.

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## TOP TEN QUESTIONS ABOUT...



# SACROILIAC PAIN

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## 1. What is the sacroiliac joint?

The sacroiliac joint is a large joint in the low back that is located between the flat bone in the lower back (sacrum) and the bone around the waist (ilium).

## 2. What does pain from the sacroiliac joint feel like?

Sacroiliac joint pain can be a very difficult pain to identify. Usually the pain is on one side, but may be on both sides, and rarely in the middle. The pain may extend into the buttock and even into the groin. Occasionally the joint may irritate the sciatic nerve causing pain to go down the leg. Sacroiliac pain is usually made worse when the joint is required to keep the pelvis stable. Activities such as getting into a car, climbing stairs, and moving from standing to sitting, or vice versa, can aggravate sacroiliac pain.

## 3. What is the function of the sacroiliac joint?

The sacroiliac joints connect the spine to the pelvis. During growth and pregnancy the joint has a small amount of motion. Even then the motion is very limited compared to a typical joint such as the knee. After adulthood, the joint is “fused” which means that there is very limited or no movement. Therefore, when the joint is painful in adulthood it may be due to abnormal movement, inflammation, or both.

## 4. I have tried to exercise to lose weight, but my pain keeps me from being able to exercise. What can I do to get started with exercises?

This is a common problem with coexisting chronic pain and obesity. Your doctor may elect to use specific treatments or medications to allow you to improve your exercise tolerance. Many doctors prescribe physical therapy or supervised exercise that combines specific treatments for pain (such as medication dosed an hour before exercise) with a graded exercise program.

## 5. My doctor advised walking, but I also have pain in my hips and knees in addition to my low back. What should I do for exercise?

A number of exercise options are available when pain is present in multiple locations. Many patients chose to get started with aquatic therapy (exercises in a pool) to lower the stress on their joints. A tailored program under the direction of your doctor and qualified physical therapist will be helpful in determining a program that is right for you.



## 6. I have tried many diets in the past, and I don't feel like I eat very much. But, I can't seem to lose weight, what should I do next?

The most important thing to do during an episode of acute low back pain is to try to resume normal activities as soon as possible. Ice, and sometimes heat, can help your back feel better. Many people get relief from acetaminophen (Tylenol) or antiinflammatories (such as ibuprofen) that are available without a prescription.

## 7. Should I consider weight loss surgery?

Weight loss surgery is becoming a very popular option for persons with obesity. The advantages include rapid weight loss, well-being, and improvements in medical conditions. Prior to the consideration of surgery, you may wish to discuss with your primary care physician to determine if you are a good candidate. Most forms of mild or moderate obesity can be successfully managed with a comprehensive diet, behavioral, and exercise program.

## 8. Which diet is the best for losing weight?

Certain diets become popular and can help people lose weight fairly quickly. Most of these diets restrict calories and can involve rather dramatic changes in your lifestyle. Again, your work with a dietician will be able to identify your “trouble areas” to help you plan your meals and food intake to achieve your goals.

## 9. Isn't exercise the best way to lose weight?

This is one of the largest myths out there regarding weight loss. Unfortunately, there is no single method for losing weight that is effective on its own. Exercise is very good for your long-term health, and it will improve your overall sense of well-being. However, exercise should be combined with a dedicated plan for moderating the types of food you eat and your eating behaviors.

## 10. I generally have good eating habits. However, when I am stressed I tend to overeat. I tend to get stressed out a lot! How can I lose weight if I can't seem to reduce my stress?

Stress is a very powerful trigger for eating. When we are young, eating is a tremendous source of comfort. Even as adults, that instinct can return and lead us to “crave” foods to seek comfort from stress. In some people, eating disorders can develop. Examples of eating disorders include Anorexia Nervosa (associated with too little bodyweight), Bulimia (compulsive bingeing and purging), and Food Addiction (obsession with food and compulsive overeating). You may wish to talk to your doctor or seek referral to a mental health professional with your concerns about your stress and its effects on your weight.