SI joint pain: steps before and after a chiropractor

Use these steps from the article to manage SI joint pain safely and to know when a doctor is needed.

- [ ] Get a medical diagnosis first, since sciatica and hip problems can feel like SI joint pain.
- [ ] Ask whether provocation tests were positive before starting SI joint treatment.
- [ ] Combine manipulation with exercise, since the benefit of manipulation alone is short-term.
- [ ] Expect mild soreness after an adjustment that usually settles within 24 hours.
- [ ] Apply ice for about 20 minutes, 2 to 3 times a day, with a cloth over the skin.
- [ ] Use a heating pad on a low setting to loosen tight muscles.
- [ ] Ask a doctor or physical therapist which exercises suit the SI joint.
- [ ] Discuss manipulation with a healthcare provider first during pregnancy.
- [ ] See a doctor for fever, leg weakness, or morning stiffness lasting over an hour.
- [ ] Seek emergency care for bladder or bowel changes or numbness around the genitals.

Notes

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/chiropractic/chiropractor-for-si-joint-pain/