

The Role of Sacroiliac Joint Steroid Injections in the Treatment of Sacroiliitis in Axial Spondyloarthritis



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Introduction

} Axial spondyloarthritis (axSpA) is a chronic rheumatic musculoskeletal inflammatory disease with axial skeleton predominance, especially sacroiliitis.

} Treatment of low back, buttock, and thigh pain with sacroiliac steroid injections (SSIs) are common.

} Similar injections in refractory cases of axSpA should also be a cognizant addition to our toolbox, especially as new international guidelines are considering its viability.

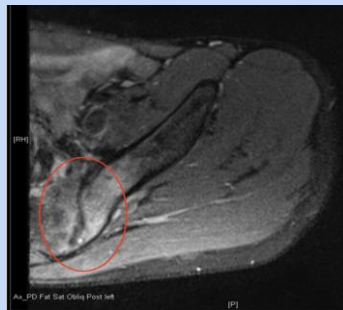
Methodology

} Left hip MRI with bone marrow edema noted surrounding the left sacroiliac joint. All other imaging (i.e., XR) negative.

} Laboratory workup positive for HLA B27, normal WBC, normal ESR, and normal CRP.

Key Takeaways

While management with NSAIDs, exercise, and biologics provides the **majority** of relief in axSpA patients, **SSIs for sacroiliitis in axSpA** should be considered.



The Case

} A 26-year-old male presented with a 5-month history of progressive, radiating, non-traumatic left buttock and posterior thigh pain.

} Physical exam was positive for FABER, FADIR, SI thrust, and Gaenslen's. Imaging and labs as noted.

} He failed conservative pharmacological and physical management, including two steroids burst packs and physical therapies.

} He was diagnosed with sacroiliitis secondary to ankylosing spondylitis and treated with a left sacroiliac joint injection and received over 75% pain reduction.

} Between 2016 to 2023, the European Alliance of Associations for Rheumatology and the American College of Rheumatology have opined SSIs as possibly efficacious.

References

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