

## Local Corticosteroid Injection Of Sacroiliac Joint. Results Of Three Different Methods

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### Purpose:

to compare the results of local coricosteriod injection for sacroiliac joint by suing three different technique which are: Computed tomography (CT), plain C-arm guided and clinical guided.

### Material and Methods:

One hundred-nine patients, with sacroiliac joint (SIJ) pain, which had not resolved with non-steroidal anti-inflammatory drugs (NSAIDs). Were treated with local corticosteroid injected by three different approaches. Seventy patients waer injected by arthrography-guided approaches (40 by computed tomography and 30 by fluoroscopy), and 39 patients by clinically guided one. They were prospectively assessed for a period of 10 months following the injection.

### Results:

The arthrographic approaches enabled immediate and adequate pain relief with discontinuation of NSAIDs for more than one month duration in 89% and of patients in fluoroscopy and computed tomography (CT) guided groups respectively, and only in 43% of those in clinically guided group. Then, along the next 9 months, the pain free state was achieved; a) without NSAIDs in 51 %, 50 % and 16 % of patients in CT.

### Conclusion:

These arthrography-guided procedures are easy to perform ambulatory patients with accurate access to the SIJ space, but the CT guided procedure is simpler, lesser time consuming and lesser irradiation exposure time and with higher quality of pain relief than the fluoroscopy guided one. Further studies should be done on multiple dose injections of the SIJ under CT control, as they prevent the relapse and the subsequent need to the NSAIDs, or not?