

ASK THE DOCTOR: Sacroiliac (SI) Joint Pain



Dr. Neil Thakkar

What is Sacroiliac Dysfunction?

Did you know that starfish can pry open a shellfish after it wraps its fingers around the shell and squeezes over a long period of time? The closed shell fatigues and opens. Similarly, your Sacroiliac joints are held together by some of the strongest ligaments and muscles in your body, but slight biomechanical forces over time can fatigue these supporting structures and cause significant pain in the lower back, hip, groin or upper thigh. Every step, every bend, and every twist can be painful with SI joint dysfunction.

What are common causes?

Unequal leg lengths caused from surgery or from asymmetrical leg bone growth can apply constant and damaging forces to SI joint and can result in pain. Often, knee or hip replacement surgeries are the culprit. Leg length differences should be evaluated by x-ray to determine the cause and correction.

Wear and tear of the SI joint is the number #1 cause of pain. Accelerated wear and tear can also be from irregular walk or run gaits. Inflammation results as the cartilage wears thin. Other types of arthritis can be to blame too, such as Rheumatoid Arthritis, Akylosing Spodylitis, or Gout. Understanding the cause of your pain is vital.

Are there any quick and non-invasive solutions available to me?

An injection of an anesthetic mixed with an anti-inflammatory medication can be injected into the joint and around the joint's nerves to quickly eliminate the pain in many cases. Other treatments involve applying heat to the joint's nerves to quiet their pain signals. You have options. Don't give up!

For more information about Novocur to explore your options for SI pain treatment visit novocur.com or call 480.855.6686

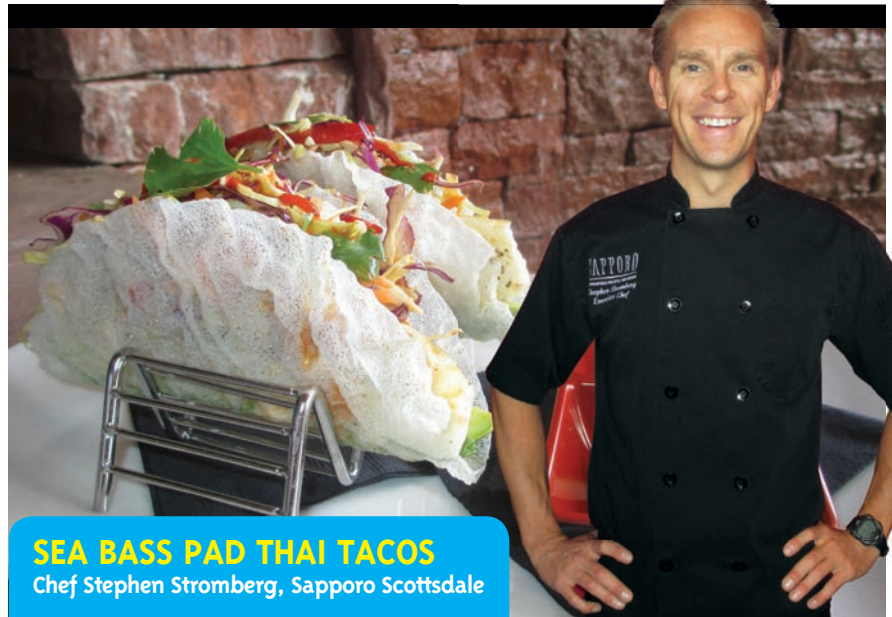


Cool Stuff for a Great Cause

Refresh Glass, a local company that creates functional wine bottle art made from empty wine bottles rescued from landfills, is more than just a purpose-driven business—it combines the heart of charity with the horsepower of a corporation to give back to the community and make a difference.

Each month, the company hosts a Refreshing Hour at local hotspots, such as Postino and Beckett's Table, to raise money for Phoenix Children's Hospital (PCH). It sells and raffles its sustainable glassware, including its drinking glasses, candles, candle holders and planters, at each Refreshing Hour—with all proceeds going to PCH.

Refresh Glass and its fun products reduces waste, saves energy, employs local people and gives back to our local community. The company is on a 10 Million-Bottle Rescue Mission, so drink up! www.refreshglass.com.—by Brittany Belsterling



SEA BASS PAD THAI TACOS Chef Stephen Stromberg, Sapporo Scottsdale

- 4 rice paper taco shells
- 8 oz. grilled sea bass
- 2 oz. pad Thai sauce (see recipe)
- 1 sliced avocado
- 2 tbsp. Pad Thai slaw
- 4 lime wedges
- ½ oz. Sriracha sauce

- (Sauce)
- 8 oz. sweet chili sauce
 - 5 oz. plum sauce
 - 3 oz. peanut butter (creamy)
 - 1 tsp. sambal
 - ½ oz. lime juice
 - 10 sprigs cilantro
 - 1 lg. clove garlic

Season fish with salt and pepper, and grill for 2 min. a side until done. Reserve. Sea bass should be cut into thin strips to cover entire bottom of taco shell. Layer sliced avocado across fish. Mix slaw with Pad Thai sauce and spread evenly over seabass/avocado. Finish with Sriracha sauce, and serve with lime wedges. Serve immediately.