

STEMCELL LONGEVITA

Stem Cell Therapy for SI Joint Dysfunction: A Patient's Guide

Regenerative Relief for Sacroiliac Joint Pain



Your Journey to Regenerative Health Starts Here

Table of Contents

Chapter 1

Understanding SI Joint Dysfunction

Chapter 2

How Stem Cell Therapy Helps

Chapter 3

Treatment at StemCell Longevity

Chapter 4

Results & Recovery

Chapter 5

Getting Started

Frequently Asked Questions

Medical Disclaimer & Contact

Understanding SI Joint Dysfunction

What Is SI Joint Dysfunction?

The sacroiliac (SI) joint connects the sacrum (base of the spine) to the ilium (pelvic bone). SI joint dysfunction occurs when the joint becomes inflamed, arthritic, or unstable, causing pain in the lower back, buttock, hip, and sometimes the leg. It is estimated to be the pain source in 15-30% of chronic low back pain cases.

Causes and Symptoms

- Degenerative arthritis of the SI joint due to age, wear, or prior injury.
- Ligamentous laxity following pregnancy or trauma, leading to joint instability.
- Pain typically located in the lower back and buttock, often one-sided.
- Pain worsening with prolonged standing, climbing stairs, or transitioning from sitting to standing.

SI joint dysfunction is frequently underdiagnosed. Many patients are mistakenly treated for lumbar disc disease or hip pathology before the SI joint is identified as the pain source. Diagnostic SI joint injections confirm the diagnosis.

CHAPTER 2

How Stem Cell Therapy Helps

Joint Repair and Stabilization

MSCs injected into the SI joint reduce inflammation, promote cartilage repair on the joint surfaces, and strengthen the supporting ligaments through collagen regeneration. This comprehensive repair addresses both pain and the underlying structural dysfunction.

SI joint stem cell injection has shown superior long-term outcomes compared to corticosteroid injections, with pain relief lasting 18 to 24 months versus 3 to 6 months for steroids.

Clinical Outcomes



Treatment at StemCell Longevita

Our SI Joint Protocol

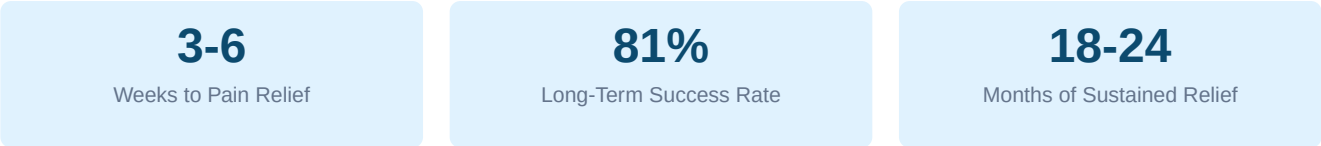
We use fluoroscopy-guided injection of MSCs directly into the SI joint. Both sides can be treated in a single session if bilateral dysfunction is present. Treatment may be combined with prolotherapy or PRP to reinforce surrounding ligaments.

Treatment at Liv Hospital Ulus

- Day 1 — Diagnostic evaluation including SI joint imaging and provocative testing.
- Day 2 — Fluoroscopy-guided SI joint stem cell injection.
- Day 3 — Post-treatment assessment and discharge with pelvic stabilization exercise program.

Expected Timeline

Pain relief typically begins within 3 to 6 weeks. Full regenerative benefits develop over 3 to 6 months. Most patients report significant improvement in daily activities and a return to exercise by 2 to 3 months.



Getting Started

Next Steps

If you have been diagnosed with or suspect SI joint dysfunction, contact us with your imaging and medical history for a free evaluation. Our spine specialists will determine if stem cell therapy can provide the lasting relief you need.

Frequently Asked Questions

How do I know if my pain is from the SI joint?

Diagnostic SI joint injection with local anesthetic is the gold standard. If the injection temporarily eliminates your pain, it confirms the SI joint as the source. Our team can arrange diagnostic testing before treatment.

Can stem cells repair SI joint ligaments?

Yes, MSCs promote collagen production and ligament strengthening, which helps stabilize the SI joint and reduce pain from ligamentous laxity.

Is this an alternative to SI joint fusion surgery?

For many patients, yes. Stem cell therapy can provide lasting relief without the irreversible fusion of the joint. However, severe cases with significant joint destruction may still require surgical intervention.

Can I get both SI joints treated at once?

Yes, bilateral treatment is common and can be performed in a single session. There is no additional risk associated with treating both sides.

Medical Disclaimer

The information contained in this guide is provided for educational purposes only and is not intended as medical advice, diagnosis, or treatment. Stem cell therapy outcomes vary by individual, and no specific results are guaranteed. The content herein reflects current scientific understanding and clinical experience as of the publication date but is subject to change as new research emerges. Always consult with a qualified healthcare professional before making any medical decisions. StemCell Longevita and its affiliated practitioners are not responsible for any actions taken based on the information in this guide. All medical treatments carry inherent risks, and patients should discuss potential benefits, risks, and alternatives with their treating physician.

Ready to Begin Your Healing Journey?

Our team of regenerative medicine specialists is ready to evaluate your case and create a personalized treatment plan.

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