

Sacroiliac joint

The sacroiliac [joint](#) or SI joint (SIJ) is the joint between the [sacrum](#) and the [ilium](#) bones of the pelvis, which are connected by strong ligaments. In humans, the sacrum supports the spine and is supported in turn by an ilium on each side. The joint is a strong, weight-transferral synovial plane joint with irregular elevations and depressions that produce interlocking of the two bones.

The human body has two sacroiliac joints, one on the left and one on the right, that often match each other but are highly variable from person to person.

see [Sacroiliac joint pain](#).

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Last update: **2024/12/10 23:30**

