Osteitis Condensans Ilii

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A 52 year old female complained of intermittent low back pain of varying severity radiating to right thigh since 3 years. The pain was more frequent in cold season and increased after exertion. She underwent hysterectomy 12 years back for dysmenorrhea. Laboratory investigations, including inflammatory markers, were normal. Her X-ray pelvis with both hips showed dense iliac sclerosis adjoining sacroiliac joints. T2 weighted axial MRI image showed well-defined hypo intense areas around both sacroiliac joints suggesting sclerosis. No obvious erosions or effusion suggesting sacroiliitis were seen.

Osteitis condensans ili is a benign condition more common in obese multiparous females. Low back pain radiating to buttocks is a common feature. Pain is exacerbated by activity and relieved by rest. Back pain may be milder in some cases. X ray shows bilateral symmetric sclerosis on iliac sides of sacroiliac joints. The sclerosis is triangular in shape with base pointing inferiorly. Sacral sclerosis may accompany and the condition can be unilateral. Sacroilitis needs to be differentiated by clinical examination and MRI in doubtful cases. Bone remodeling due to stress induced vascularity across sacroiliac joints is possible causative factor. Similar isolated changes can occur in pubic bones, medial end of clavicle and other sites. The condition may resolve spontaneously and radiological picture may also change from time to time. Therapy consists of posture correction and active exercises for 6-12 months. A few nonresponsive cases may require sacroiliac fusion surgery.

References