

# Causes of SI Joint Pain



- Adjacent segment disease
- Sacral disruption
- Leg length discrepancy
- Structural pelvic asymmetry
- Degenerative osteoarthritis
- Ligamentous laxity (pregnancy)



## Sacroiliac (SI) Joint Pain



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# Symptoms of SI Joint Pain



- Pain located on one side of lower back
- Pain radiating into the buttocks, lower back and groin
- Referred pain into the lower limbs (which can be mistaken for sciatica)
- Difficulty turning over in bed, struggling to put on shoes and socks, leg pain while getting in and out of car
- Stiffness in the lower back when getting up after sitting for long periods and when getting up from bed
- Aching on one side of lower back when driving long distances

# Patient Pathway

## A. SYMPTOMS

- Pain located on one side of lower back
- Pain radiating into the buttocks, lower back and groin
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## B. CAUSES

- |                                   |                                  |
|-----------------------------------|----------------------------------|
| • Degenerative sacroilitis        | • Infection                      |
| • Sacral disruption               | • Inflammation                   |
| • Ankylosing spondylitis          | • Degenerative osteoarthritis    |
| • Post-traumatic joint disruption | • Ligamentous laxity (pregnancy) |
| • Leg length discrepancy          | • Trauma                         |
| • Structural pelvic asymmetry     | • Adjacent segment disease       |
| • Tumor (pituitary or metastatic) |                                  |

## C. Rule out other pain generators (hip & spine)

## D. Fortin Finger Test (Pain Identifier)

## E. PROVACATIVE TESTS

- Compression
- Thigh Thrust
- Gaenslen's
- FABER
- Distraction

## F. SI JOINT INJECTIONS

Utilize fluoroscopic guidance to verify accurate placement of SI Joint Injection site. Inject the symptomatic Sacroiliac Joint with lidocaine to identify if the Sacroiliac Joint is a pain generator. If patient's symptoms are decreased by at least 75%, the SI Joint may be a source or contributor to pain.

## G. PATIENT SELECTION

### Patients who may be candidates for SI fusion...

- |   |   |
|---|---|
| • Failed combination of previous treatments | • Motivated and capable of reasonable post-surgical expectations                      |
| • Extreme chronic pain                      | • Failed required diagnostic exams (proacative testing and fluoroscopic SI injection) |
| • Trauma                                    |   |
| • Postpartum                                |   |
| • Adjacent segment disease                  |   |

# Questions for Your Physician

1. Prior to surgery ask what implants will be used, how will they be used, and what are the indications and contraindications?
2. Will I have a scar; and if so what size?
3. After surgery how long before I can lift anything over 10 pounds?
4. After surgery how long before I can return to work?
5. After surgery how long before I have full relief of my symptoms?
6. After surgery how long before I can resume normal activities?
7. After surgery what position should I sleep in and do I need special bedding/support?
8. Are there any dietary restrictions after surgery; and if so for how long?
9. Do I need a special implant card for airline travel and how long before I can travel?
10. When does my physical therapy begin and how long will it last?
11. When can I begin driving again after surgery?
12. Are there any shower restrictions after surgery, and if so for how long?