

# SI Joint Dysfunction

The Missed Cause of Low Back Pain



Neurosurgery One



**8 out of 10**

people have low back pain at some time in their lives

**2 of those 8**

have sacroiliac (SI) joint problems<sup>1</sup>



## The SI Joint

The sacroiliac, or SI joint, connects the sacrum (the triangular bone at the bottom of the spine) to the iliac bones—the curving bones on either side of your pelvis.

The pelvis looks a bit like a catcher's mitt, and the SI joints serve a similar role: absorbing shock, bearing weight, and stabilizing the entire body. As the body moves through space and absorbs impact, the SI joints help "catch" and distribute the weight and stress.

Unlike most joints, the SI joint isn't meant to move a lot. But if an injury or other condition loosens the joint, it can become inflamed and cause pain in the lower back and down into your legs.



**Take this self-test** to see if SI joint dysfunction might be causing your low back pain.

### Did your pain start after:

- A fall or other accident
- Pregnancy
- Lumbar fusion surgery
- Other: \_\_\_\_\_

### Do you feel pain in:

- Low back
- Buttock
- Hip
- Groin
- Leg

### Do you experience pain when:

- Sitting for long periods
- Crossing your legs when sitting
- Riding in the car
- Turning over in bed
- Walking up stairs or hills
- Other: \_\_\_\_\_

## Relieving YOUR PAIN

If a physical exam and other tests show the SI joint is causing your pain, non-surgical treatment options include:

- Physical therapy
- Oral medications
- SI joint injection therapy
- Wearing a pelvic belt to stabilize the SI joint

**Minimally invasive SI joint fusion surgery may be an option** if conservative treatments aren't relieving your pain after at least six months. People who choose SI joint fusion report significant pain relief and improved quality of life.

- Jonathan N. Sembrano, M.D.; David W. Polly Jr., M.D. "How often is low back pain not coming from the back?" *Spine* 2009; 34, No. 1: E27-32
- SI Bone, Inc. 2014. "The iFuse Implant System Difference, Clinical Evidence": 3

## High Patient SATISFACTION

In a follow-up survey after 40 months,

**82%**

of patients said they would have SI joint fusion surgery again for the same result.<sup>2</sup>



➤ For more information, go to [neurosurgeryone.com/condition/si-joint-dysfunction](http://neurosurgeryone.com/condition/si-joint-dysfunction).

➤ These Neurosurgery One physicians specialize in diagnosing and treating SI Joint dysfunction:



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➤ Request an appointment with one of these physicians by calling **720-638-7500**