

# SI Joint Dysfunction

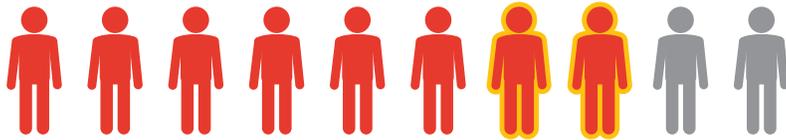
The Missed Cause of Low Back Pain



COLORADO  
SPINE CENTER

An affiliation of South Denver Neurosurgery

720-638-7500



**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.



**Sometimes, low back pain** comes from the SI joint rather than the spine. Discuss your history and symptoms with your doctor:

### 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
- 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, with greater than 80 percent patient satisfaction.

1. 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

2. 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  
the surgery again for the  
same result.<sup>2</sup>



For more information, go to [coloradospinecenter.org](http://coloradospinecenter.org)

Arapahoe Medical Plaza III  
7780 S. Broadway, Suite 350  
Littleton, CO 80122