VB SPINE

Patient guide to **sacroiliac joint pain**

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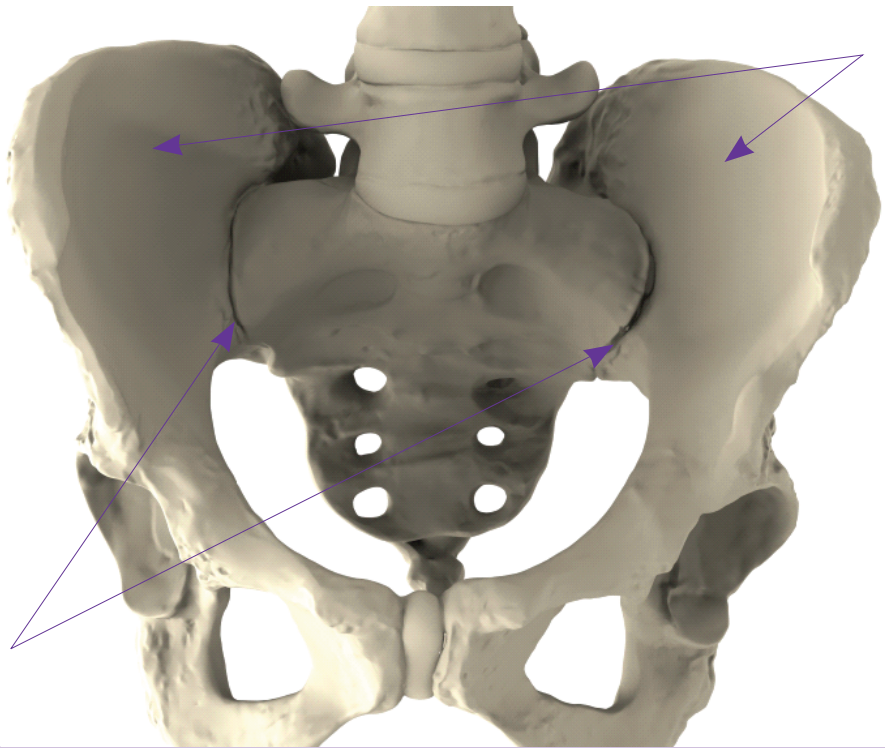
What is sacroiliac (SI) joint pain?

Every human has two sacroiliac (SI) joints – one on each side of their sacrum (the base of the spine). Each SI joint is load bearing and connects the sacrum to the ilium (hip bones). The SI joint allows many movements including sitting down and standing up.

These joints provide support and stability, and play a major role in absorbing impact when walking and lifting. Like any other joint in the body, the SI joint can be injured or can degenerate and cause pain.

- Lower back pain that feels dull, aching, and can range from mild to severe
- Pain that spreads to the hips, buttocks, and/or groin
- Reduced range-of-motion or stiffness in the lower back, hips, pelvis, and groin



What are some of the possible risk factors for sacroiliac joint pain?

- Degenerative sacroiliitis (inflammation within the sacroiliac joint leading to breakdown and loss of cartilage)
- Sacroiliac joint disruptions such as:
  - Traumatic injury
  - Arthritis
  - Infection
- Pregnancy or recent childbirth
- Prior low back surgery
- Activities that place repeated stress on the joint

What are some common symptoms of sacroiliac joint pain?

- Pain in back, groin, pelvis, buttock or thighs
- Pain while sitting or trying to stand up
- Pain while sleeping
- Pain, tingling, numbness or weakness in your lower extremities
- Leg instability, buckling
- Post-partum pain

What are some treatment options?

Diagnosis

There is no single test that can diagnose sacroiliac joint dysfunction. For this reason, it is important that your doctor use a combination of diagnostic test results to form an accurate diagnosis.

A physical examination and imaging may be performed to diagnose and assess if your SI joint is the source or contributor to your symptoms. Your doctor may recommend an SI joint injection for further confirmation.

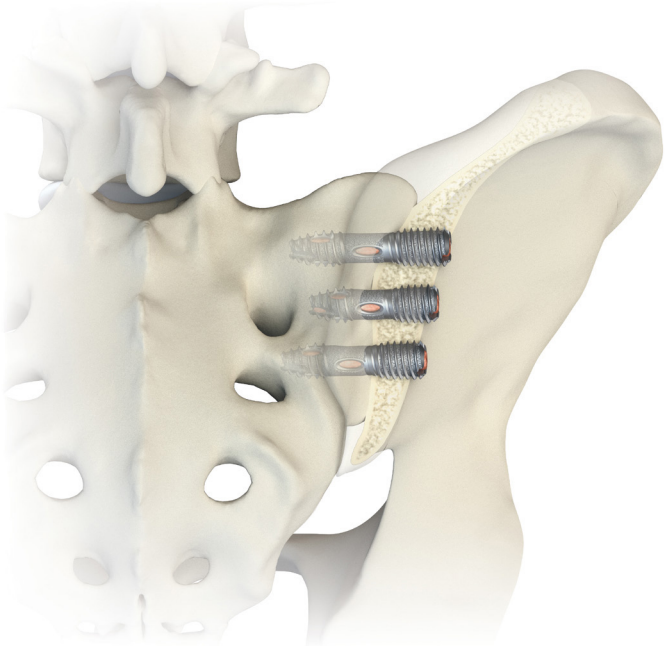
Your doctor will also consider your health history before recommending either nonsurgical or surgical treatment options.

Potential non-surgical treatments

- Physical therapy
- Medication
- SI belt (hip belt)
- SI joint injection

Surgical treatments

There are many surgical treatment options available. Genesys Spine® offers a sacroiliac joint fusion system that features advanced design enhancements. This provides optimal stabilization of the joint to aid in pain relief.



SIros® *Sacroiliac Joint Fusion System*

VB SPINE

Get back to what you **love**

"It was the best decision I made and has improved my life tremendously!"

- Timothy K, Missouri

Patient testimonial after treatment with the Genesys SI System

In general, surgical treatment options presented by your surgeon are aimed at relieving pressure on nerve roots in an attempt to address pain.

Some of the images in this brochure depict Genesys Spine's products. Please speak to your doctor if you have questions about these products or anything else in this brochure.

The information presented is for educational purposes only. VB Spine is not dispensing medical advice. Please speak to your doctor to decide if spinal surgery is right for you. Only your doctor can make the medical judgment regarding which products and treatments are right for your own individual condition. Spinal surgery carries certain risks. Your surgeon will explain all the possible complications of the surgery, as well as side effects. Each spinal surgery patient will experience a different post-operative activity level, depending on his/her own individual clinical factors. Your doctor will help counsel about how to best maintain your activities in order to recover properly from your surgery. Such activities include not engaging in high-impact activities that could de-stabilize any instrumentation that may have been implanted.

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