

# SACROILIAC JOINT DISORDERS

## *A Common Cause of Lower Back Pain*

By Harry Lockstadt, M.D.

Up to 85% of all people have lower back pain (LBP) at some point in their life. LBP is second only to a common cold as a reason for a physician visit. Despite all the attention, a major contributor to LBP is often overlooked as a pain generator.

The Sacroiliac (SI) Joint forms the lowest segment of the spine and is located on either side of the sacrum in the low back and the pelvic areas. The SI Joint connects the sacrum, the triangular bone at the bottom of the spine, with the pelvis iliac crest.

Strong ligaments encase each joint and allow for approximately two to four millimeters of movement during weight-bearing and forward flexion. When these ligaments become damaged either due to normal wear and tear or by injury, they may have excessive motion. This excessive motion may inflame and disrupt the joint and surrounding nerves.

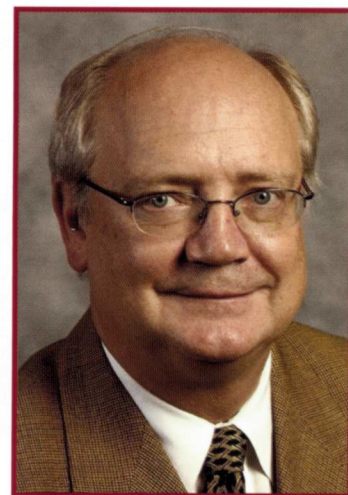
Underscoring the need for proper diagnosis is the fact that pain originating in the Sacroiliac Joint can mimic discogenic or radicular low back pain. This could potentially lead to the wrong diagnosis and treatment that may not include the appropriate pain generator. Up to 30% of low back symptoms are related to the Sacroiliac (SI) Joint. Yet, most physicians were never trained to consider the SI Joint when evaluating a patient for back pain.

Your physicians will want to perform several diagnostic tests to determine if SI Joint is contributing in whole or in part to their symptoms. These tests may include provocative manipulation and injecting the SI with painkillers.

Treatment may involve physical therapy and SI Joint injections to manage the pain. For patients who are no longer responding to conservative care, the **Sacroiliac Fusion** offers a minimally invasive surgical option.

The Sacroiliac Fusion minimally invasive procedure offers several benefits compared to traditional SI Joint surgery:

- Minimal incision size
- Immediate post-operative stabilization
- Minimal soft tissue stripping
- Potential of a quicker recovery

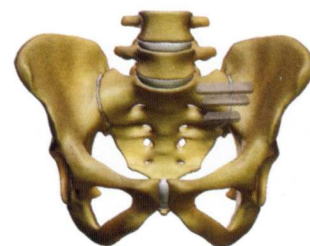


To learn more about the  
iFuse Implant System  
please visit:

[www.si-bone.com](http://www.si-bone.com)  
[www.bluegrassortho.com](http://www.bluegrassortho.com)

or contact  
**Bluegrass Orthopaedics &  
Hand Care**  
for more information at

859-263-5140.



The **Sacroiliac Fusion** is intended for sacroiliac joint disruptions and degenerative sacroiliitis.

*"Our practice strives to provide our patients access to the most innovative technologies and treatment options like the Sacroiliac Fusion procedure,"*

said Chris Moore, CEO of **Bluegrass Orthopaedics & Hand Care**.