

# DIAGNOSIS OF SACROILIAC JOINT PAIN

## PATIENT SYMPTOMS



### COMPLAINTS

- Pain when sitting/ lying on affected side
- Dull ache below L5, often unilateral
- Buttock pain, may radiate to thigh/groin
- Pain worse climbing stairs or hills

### HISTORY/RISK FACTORS

- Fall, misstep, twisting, MVA
- Previous lumbar fusion
- Anatomic variations (e.g., leg length inequality)
- Age 62+
- Postpartum

## SI JOINT DYSFUNCTION SUSPECTED



### PHYSICAL EXAMINATION

- General back pain exam to rule out other diagnoses
- Sacral sulcus tenderness on palpation
- Patient points repeatedly near the PSIS (Fortin Finger Test)<sup>2</sup>

### PROVOCATIVE TESTS<sup>3</sup>

- Tests: Compression, Thigh Thrust, FABER Distraction and Gaenslen's
- Valid if three or more tests are positive
- At least one test should be compression or thigh thrust.

## OPTIONAL



### RULE OUT POTENTIAL ALTERNATIVE PAIN GENERATORS

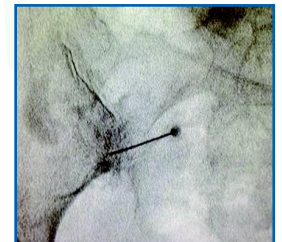
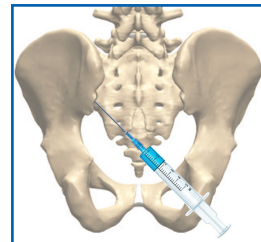
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## SI JOINT DYSFUNCTION PRESUMED



### DIAGNOSTIC SIJ BLOCK<sup>4,5</sup>

- Fluoroscopic-guided, intra-articular injection
- Low-volume anesthetic (e.g., 2 ml) with contrast
- Positive result is  $\geq 75\%$  pain reduction
- Repeat injection for confirmation



## SI JOINT DYSFUNCTION CONFIRMED



### CONSERVATIVE MANAGEMENT (> 6 MONTHS)

- Medications, braces, SI belts
- Orthotics (e.g., for leg inequality)
- Physical therapy, manual manipulation
- Therapeutic SI injections

### FAILED CONSERVATIVE MANAGEMENT

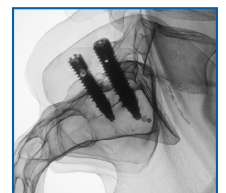
- With SI joint dysfunction confirmed, and at least six months conservative therapy, the patient may be a candidate for SI joint fusion surgery using SacroFuse.

## FAILED CONSERVATIVE MANAGEMENT

### SURGICAL ARTHRODESIS

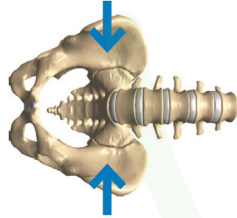
- The SacroFuse system allows for true arthrodesis of the sacroiliac joint.

**SacroFuse**<sup>®</sup>  
Sacroiliac Joint Fusion Technology



## PROVOCATIVE TESTS FOR SACROILIAC JOINT PAIN

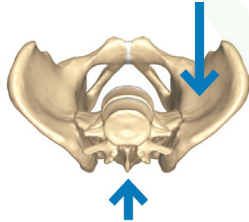
The following provocative tests have shown substantial diagnostic validity for sacroiliac pain if three or more tests are positive<sup>3</sup>. At least one test should be Compression or Thigh Thrust. The tests are considered positive if they reproduce the patient's same pain.



### COMPRESSION TEST

This maneuver applies compression across the SI joints.

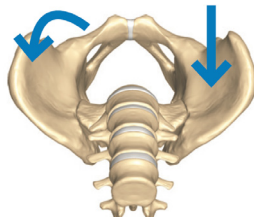
1. Patient is lying on their side with hips and knees flexed.
2. Apply a downward force to the patient's iliac crest.



### THIGH THRUST TEST

This maneuver applies a sliding/shearing to the SI joint.

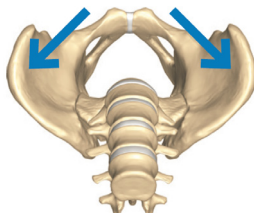
1. Patient is supine.
2. Consider placing a hand under the sacrum for support.
3. Apply a downward force to a vertically aligned femur.



### FABER TEST (FLEXION, ABDUCTION AND EXTERNAL ROTATION)

This maneuver applies a tension to the anterior aspects of the SI joints.

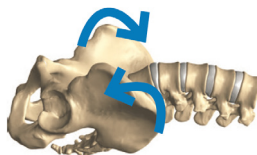
1. Patient is supine.
2. Place the patient's foot of the affected side on the opposite knee.
3. Place a hand on the opposite iliac crest.
4. Apply a downward abduction force to the patient's knee.



### DISTRACTION TEST

This maneuver applies a tension to the anterior aspects of the SI joints.

1. Patient is supine.
2. Apply a cross-arm posteriorly directed force simultaneously to both ASIS.



### GAENSLEN'S TEST

This maneuver applies a counter-rotation/torsion to the SI joints.

1. Patient is supine.
2. One leg hangs off the exam table, the other is bent at the knee.
3. Apply an extension force to the hanging leg while simultaneously applying a flexion force to the bent leg.

1. DePalma, et al. Multivariable Analyses of the Relationships Between Age, Gender, and Body Mass Index and the Source of Chronic Low Back Pain. *Pain Medicine* 2012; 13: 498-506.
2. Fortin JD, Falco FJ. The Fortin finger test: an indicator of sacroiliac pain. *Am J Orthop.* 1997 Jul;26(7):477-80.
3. Szadek KM, et al. Diagnostic validity of criteria for sacroiliac joint pain: a systematic review. *The Journal of Pain.* 2009; 10:354-368.
4. Lorio MP, Rashbaum R. ISASS Policy Statement - Minimally Invasive Sacroiliac Joint Fusion. *Int J Spine Surg.* 2014;8.
5. North American Spine Society (NASS). NASS Coverage Policy Recommendations. Percutaneous Sacroiliac Joint Fusion. June 2015.
6. Available at: <https://www.spine.org/PolicyPractice/CoverageRecommendations/AboutCoverageRecommendations>