

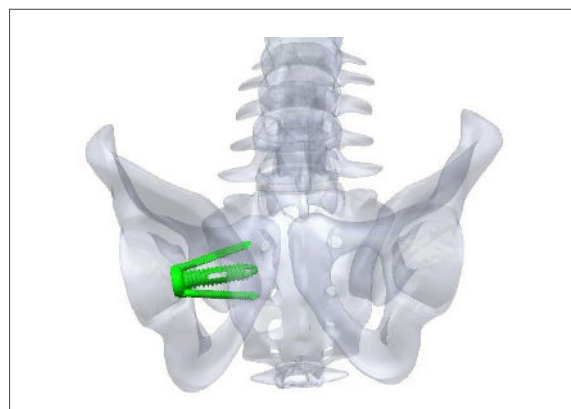
# Sacroiliac Joint Fusion



## WHAT ARE THE SYMPTOMS OF SACROILIITIS?

Sacroiliitis is the inflammation of one or both sacroiliac (SI) joints which connect the lower spine with the pelvis. This can cause pain in the lower back, buttocks, and may extend down one or both legs. Pain from this condition is aggravated by:

- Standing for prolonged periods
- Putting more weight on one leg than the other
- Running
- Climbing stairs
- Walking in long strides



Example of a sacroiliac screw system. A different device may be used depending on physician preference.<sup>1</sup>

## WHAT IS AN SI JOINT FUSION?

SI joint fusion is a minimally invasive procedure that requires a small incision in the buttocks, usually less than two inches long. Highly innovative devices are then implanted, using image-guided software, to stabilize the sacroiliac joint and encourage bone growth.

Fusion treatment may help reduce inflammation in the joint, relieve pain, and restore your ability to perform everyday activities. In addition, minimally invasive procedures are shown to cause fewer complications and a shorter recovery time than open fusion surgeries.<sup>2,3</sup>

## WHO IS A GOOD CANDIDATE FOR SI JOINT FUSION?

SI joint fusion may be an effective treatment option for patients suffering from arthritis, scoliosis, or other degenerative diseases when:

- Nonsurgical treatments such as injections, medication, or physical therapy have failed
- Other diagnoses are ruled out
- A series of 2-3 SI joint injections provide profound relief for several hours immediately after the procedure

## WHAT TO EXPECT?

- 1 To get started, one of our pain specialists will determine with you if this procedure is an appropriate treatment.
- 2 If you decide to move forward, our team will provide guidelines to help you prepare. The SI fusion procedure is performed in our surgery center, under general anesthesia and takes approximately 1 hour. You will need to schedule a friend or member of your family to drive you home afterward.
- 3 After the procedure, you will be monitored in our post-operation area for a duration of time while the anesthesia wears off.
- 4 It is important to remain non-weight bearing on the side where the procedure was performed for at least 2 weeks. A prescription for a walker will be provided. The walker should be used as long as pain is still present. Physical therapy should begin 2-4 weeks after or when the incision site is no longer tender.

*Please note that fluctuation in the amount of pain experienced is normal, especially 1-2 weeks after surgery when there is an increase in swelling at the surgical site.*

## INSURANCE AND BILLING

The SI fusion procedure is generally covered by insurance if it is deemed medically necessary by your provider. You will likely need to submit prior authorization before undergoing treatment. Individual costs will vary.

SI joint fusion is the most common procedure used to relieve SI joint pain and instability.



1. Image of the Trident™ Sacroiliac Joint Fusion System provided by Advanced Research Medical.
2. Kube RA, Muir JM. Sacroiliac Joint Fusion: One Year Clinical and Radiographic Results Following Minimally Invasive Sacroiliac Joint Fusion Surgery. *Open Orthop J.* 2016;10:679-689.
3. Ledonio CG, Polly DW, Swiontkowski MF, Cummings JT. Comparative effectiveness of open versus minimally invasive sacroiliac joint fusion. *Med Devices (Auckl).* 2014;7:187-93.