

# Diagnostic Algorithm for SI Joint Pain

## Chief Complaints:

- Low back pain (below L5)
- Pelvis/buttock pain
- Hip/groin/thigh pain
- Lower extremity pain usually above the knee (possible numbness, tingling, weakness)
- Sitting problems
- Pain with position changes or transitional motions (i.e., sit to stand, supine to sit)
- Poor sleep habits
- Unilateral leg giving way or buckling

## History:

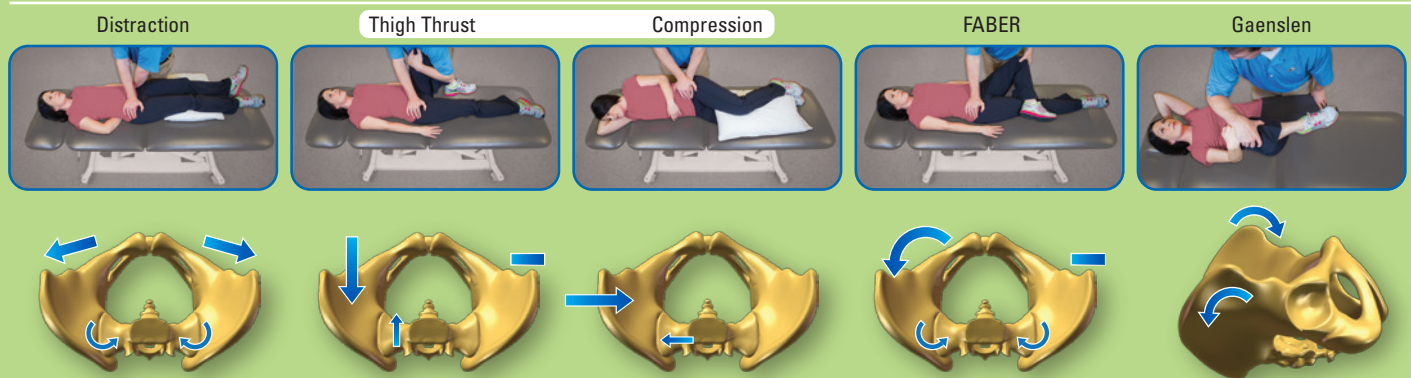
- New onset or chronic low back pain +/- trauma
- Previous lumbar surgery
- Post-partum pain
- Description of pain
- Onset and duration of symptoms
- What makes it better/worse
- General symptoms (fever, chill, weight loss)
- Treatment to-date: PT, meds, spine injections, chiropractic, other

Spine Exam

Hip Exam

**SI Joint Exam:** Point to pain while standing (Fortin finger test) / Tenderness over SIJ sulcus / Posterior SIJ tender to palpation / Patient not sitting on affected side. Single leg stance test may induce pain on supporting side.

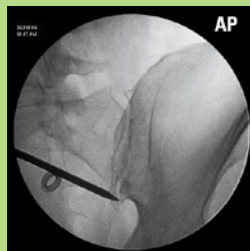
## SIJ Provocative Tests<sup>1</sup>



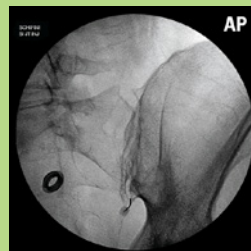
If pain inferior to L5, negative neurological exam, and minimum of 3 positive provocative tests (see NOTE), the SIJ is likely a pain generator and image-guided, diagnostic SIJ injection(s) should be ordered. **NOTE:** At least 1 of 3 positive tests must be **Thigh Thrust** or **Compression**.

## Diagnostic SIJ Injection<sup>2</sup>

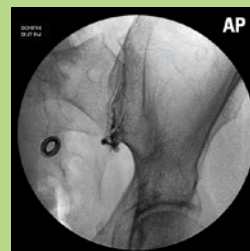
- Posterior & inferior approach
- 22 gauge stylet needle
- 0.25ml contrast medium
- 1.25ml local anesthetic



Inferior SIJ target



Needle in SIJ pre-contrast



Needle in SIJ



Needle in SIJ

Continue Workup

Other Pain Generators Possible

NO

Significant Positive Clinical Response?

Note: consider repeating to rule out false results

YES

SI Joint is Pain Generator

## Treatment Options

- Medication(s)
- Physical Therapy
- SI Joint Injections
- Radiofrequency Denervation
- Minimally invasive SI joint fusion (iFuse Implant System<sup>®</sup>)

<sup>1</sup> Szadek KM, van der Wurff P, et al. Diagnostic validity of criteria for sacroiliac joint pain: a systematic review. *J Pain.* 2009;10(4):354-68.

<sup>2</sup> Fluoroscopically-guided injection photos courtesy of Joseph Schifini, MD.

For more information, please visit [www.si-bone.com](http://www.si-bone.com)

The iFuse Implant System is intended for sacroiliac joint fusion for conditions including sacroiliac joint disruption and degenerative sacroiliitis.