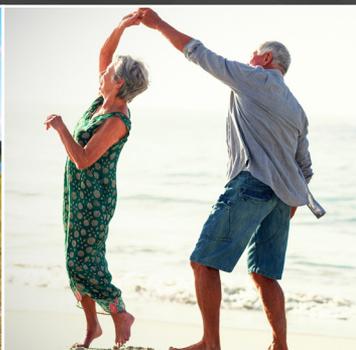


# INTRO TO SI JOINT FUSION

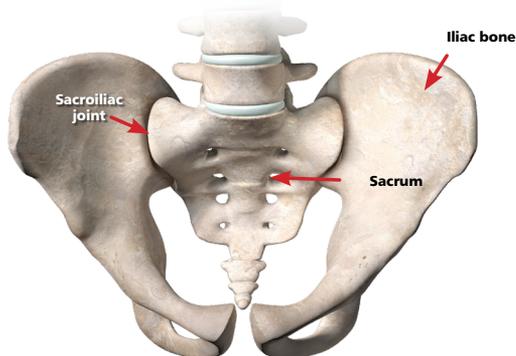
## Sacroiliac Joint Fusion



# BEFORE

## What is causing my pain?

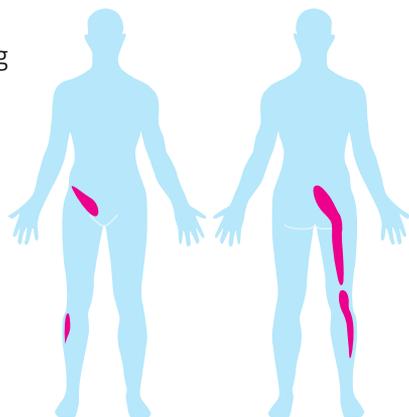
Sacroiliac Joint Disruption: Inflammation of the sacroiliac joint that most commonly occurs due to sacroiliac trauma or degeneration over time.



Your Sacroiliac (SI) joint is formed by the connection of the sacrum and iliac bones. These two large bones are part of the pelvis and are held together by a collection of ligaments. The SI joint supports the weight of your upper body which places a large amount of stress across your SI joint.

### Potential Symptoms include:

- Lower back pain
- Lower extremity pain (Numbness, tingling, weakness)
- Pelvis/Buttock pain
- Hip/groin pain
- Unilateral leg instability
- Disturbed sitting pattern (Unable to sit for long period of time on one side)
- Pain going from sitting to standing



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# DURING

## Surgical Procedure

SI joint fusion can be accomplished in a “traditional or “open” SI joint surgery or minimally invasive surgery (MIS). However, open surgery has fallen out of fashion in most cases. If your doctor determines you are a candidate for SI fusion, connect with your health insurance provider to learn more about coverage.

## Minimally Invasive Sacroiliac Joint Surgery

Minimally Invasive SI joint fusion surgery is performed in an operating room with either general or spinal anesthesia. The entire procedure is performed through a small incision (approximately 7.5cm) along the buttock on the affected side. X-Ray guidance allows your surgeon to see and allows proper placement of the screws. While three implants are typically used, this is dependent on the size of your joint.

## Fixation Implants:

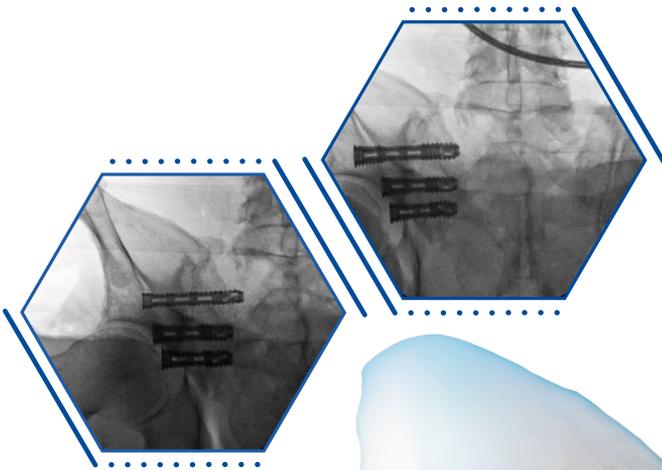


FIREBIRD SI Screws

# AFTER

## After Surgery

The desired outcome of your sacroiliac fusion procedure is a completed fusion where pain caused by sacroiliac joint dysfunction is decreased. This varies in time frame from patient to patient and is also dependent upon mitigating factors ranging from your health to environment. Your progress will be monitored by your surgeon through follow up visits.



# QUESTIONS

## Questions for my Physician:

1. How long before I can lift anything over 10lbs.?
2. How long before I have full relief from my symptoms?
3. When can I resume normal exertion and activities?
4. How will I know if my surgery was successful?
5. When can I return to work?
6. What position can I sleep in?
7. Should I buy special bedding/support for sleeping?
8. What should I avoid consuming during the fusion and healing process?  
(i.e. alcohol, smoking tobacco or marijuana, certain foods, etc.)
9. Can I travel and do I need a special implant card or letter for the airport screening process?
10. When should I start physical therapy/massages?
11. How much pain should I expect to be in after surgery?
12. When can I start driving again?
13. What implants are going to be used in my surgery and how are they going to be used?

## Notes:

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