

OsteoCentric
SI - FUSION

Lower Back Pain & the Sacroiliac (SI) Joint

Speak with your physician about SI joint dysfunction, diagnosis and treatment options.



Patient Guide

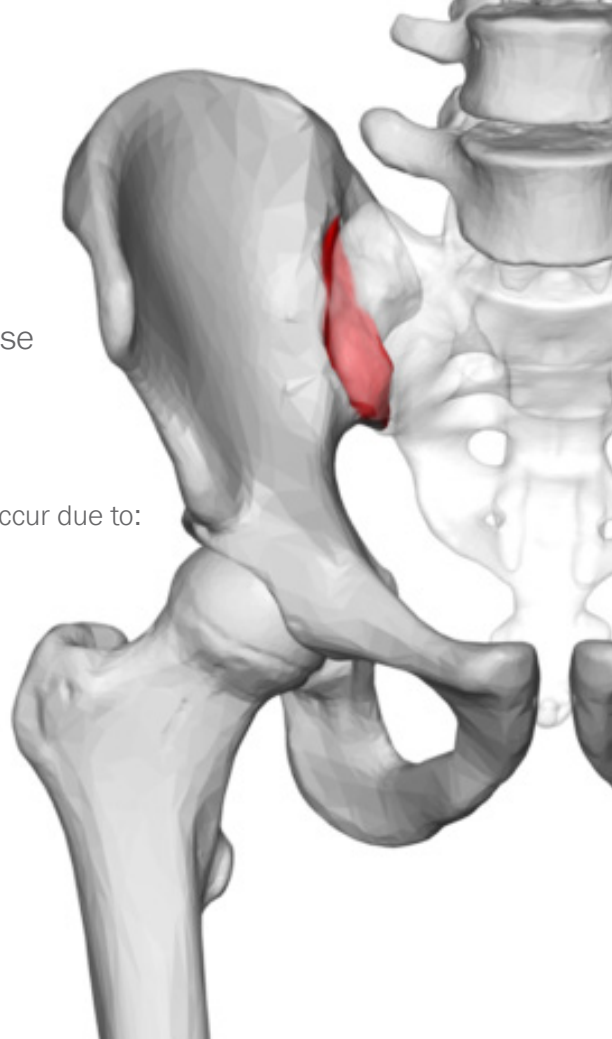
Are You Experiencing Lower Back Pain?

Pain in your lower back can be one of the most common symptoms of sacroiliac joint dysfunction. It's important to speak with your physician to determine the underlying cause of your lower back pain.

Causes of SI Joint Pain

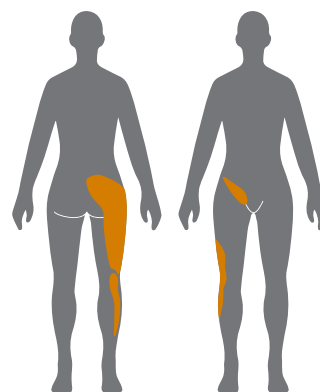
The cause of sacroiliac joint pain can be unknown; however, it may occur due to:

- Arthritic or degenerative conditions
- Traumatic injury or accident
- Sacral fracture dislocation
- Tissue loosening due to pregnancy & post-partum
- Spinal Scoliosis
- Leg length discrepancy
- Previous lower back surgery
- Dysmorphic Sacrum
- Bertalotti's Syndrome



Understanding SI Joint Pain

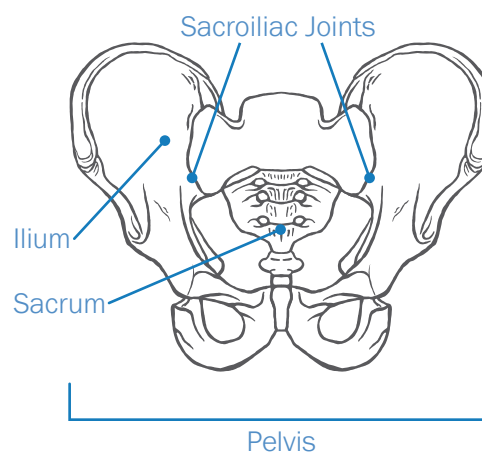
SI pain is most common in the lower back and buttocks but can also be experienced in the thigh and leg. Symptoms could include, numbness, tingling or weakness. Sacroiliac pain can be aggravated with prolonged sitting or standing, going from sitting to standing, standing on one leg, stair climbing, and while running.



Sacroiliac Joint Anatomy & Function

Sacroiliac Joints:

- Are located in the pelvis, linking the iliac bones (pelvis) to the sacrum (lowest part of the spine)
- Are made up of the bony structure above the tailbone, known as the sacrum, and the top part of the pelvis, known as the ilium, connected by strong ligaments and muscles to support these joints
- Play a crucial role in transferring weight, energy, and forces between the upper body and the legs when standing or walking
- Have limited movement but are essential for activities such as walking and lifting





Treatment Options

Treatment for SI joint dysfunction will vary depending on its cause and the severity of pain. Conservative treatment options should be considered before surgical intervention.

Conservative Options

- Over-the-counter pain medication
- Sacroiliac belt or brace
- Therapeutic SI joint injection
- Physical therapy
- Chiropractic treatments

Surgical Options

- SI joint fusion

A variety of tests performed during physical examination may help determine whether the SI joint is a source of your symptoms. First, your physician may ask you to point to where it hurts. It is also important to keep in mind that SI joint dysfunction can coexist with other conditions.

Diagnostic Testing

- ✓ Fortin Finger Test is a diagnostic tool to help identify SI joint dysfunction
- ✓ Sacral Thrust Test: A short burst of pressure to the sides of your pelvis as you lie on your stomach
- ✓ Compression Test: Often done with an exam belt to compress the SI Joint
- ✓ Distraction Test: Vertically applied force to both SI joints as you lie on your back
- ✓ FABER Test: Different types of force to your knee bent in a figure-4 position
- ✓ Imaging Tests: Includes X-rays, MRIs, and CT scans
- ✓ Diagnostic Injection: Steroid injection directly into the SI joint

Sacroiliac (SI) Injection

Injection into the SI joint with a numbing medication, sometimes along with cortisone (a steroid to reduce inflammation), may be included as a diagnostic test. If the injection brings no relief, it is unlikely that the SI joint is the cause, and it can make the diagnosis of SI Joint pain more challenging. In some cases, the injection may need to be repeated. If pain decreases after the injection, it may confirm that the SI joint is the source of the pain. The injection, therefore, may also be therapeutic as well as diagnostic.

Conservative Care

Before considering a surgical Sacroiliac (SI) Joint Fusion procedure, patients should first undergo an extensive course of non-surgical treatments like physical therapy, medication, and injections to manage their SI joint pain, only resorting to surgery if conservative measures fail to provide adequate relief.

Introducing Minimally Invasive SI Joint Treatments with OsteoCentric® Integrity-SI® Fusion System

Featuring UnifiMI® Technology

Our Integrity-SI Fusion System is clinically proven to significantly reduce post-operative pain, facilitate joint fusion and improve patient functional outcomes during primary or revision sacroiliac joint fusion procedures.¹

UnifiMI MIS technology is the perfect complement to the Integrity SI-Fusion System, providing improved load sharing and stability to an already proven, minimally invasive, single or dual implant SI fusion approach.²

Clinical Advantages of SI Joint Fusion via UnifiMI®

Utilizing UnifiMI Technology and the longer working length of the primary implant, the Integrity-SI construct creates initial and long-term stability on both sides of the SI joint due to premium interfacing bone quality. Learn More About Mary's Journey & Path to Recovery by watching this patient video at www.integrity-si.com.



View Patient Video



Learn more about UnifiMI & Mechanical Integration

References:

1. Cross WW 3rd, Tomov MN, Hung MY, Muir JM. Patient-Reported Outcomes and Computed Tomography Review After Minimally Invasive Fusion of the Sacroiliac Joint With Aggressive Joint Decortication and Joint Compression. *Orthopedics*. 2024 Mar-Apr;47(2):101-107. doi: 10.3928/01477447-20230901-04. Epub 2023 Sep 6. PMID: 37672779.
2. Thompson JC, Marigi E, Cross WW 3rd. Patient-Reported and Radiographic Outcomes After Revision Sacroiliac Joint Fusion. *Int J Spine Surg*. 2023 Apr;17(2):250-257. doi: 10.14444/8421. Epub 2023 Feb 8. PMID: 36754573; PMCID: PMC10165668.

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SI-002-LBL-0015 Rev 02