

Lower Back Pain and the Sacroiliac (SI) Joint

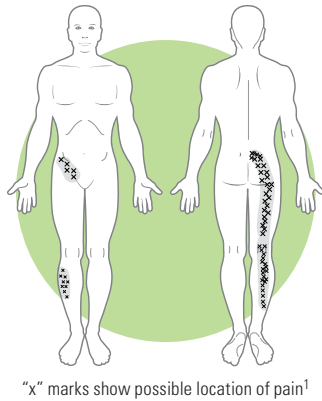


Ask your doctor
about diagnostic
and treatment options.

Do You Have SI Joint Pain?

Do you experience one or more of the symptoms listed below?

- Lower back pain
- Sensation of lower extremity: pain, numbness, tingling, weakness
- Pelvis/buttock pain
- Hip/groin pain
- Feeling of leg instability (buckling, giving way)
- Disturbed sleep patterns due to pain
- Disturbed sitting patterns (unable to sit for long periods, sitting on one side)
- Pain going from sitting to standing



About Your SI Joint

Like any other joint in the body, the SI joint can be injured and/or become degenerative. When this happens, people can feel pain in their buttock and sometimes in the lower back and legs. This is especially true while lifting, running, walking or even lying on the involved side.

According to scientific data, it's common for pain from the SI joint to feel like disc or lower back pain. For this reason, SI joint disorders should always be considered in lower back pain diagnosis.²

The good news is that trained surgeons can now distinguish between lower back symptoms arising from the lumbar portion of the spine and the SI joint.

Making a Diagnosis

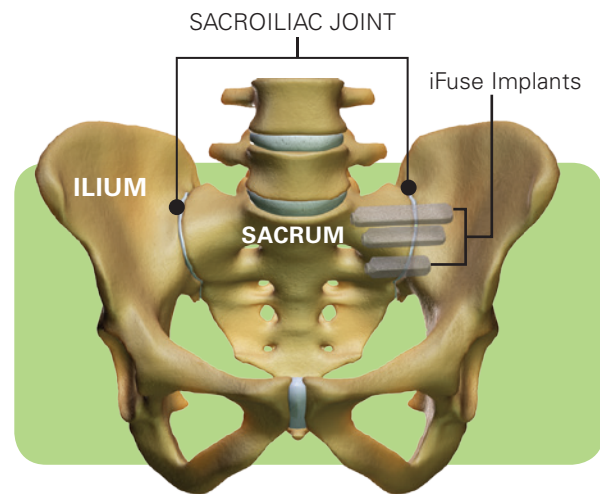
A variety of tests performed during physical examination may help determine whether the SI joint is a source of your symptoms. In addition, X-Rays, CT-scans, and/or MRIs may be helpful in the diagnosis of SI joint-related problems. It is also important to remember that more than one condition (like a disc problem) can co-exist with SI joint disorders.

An often relied upon method to accurately determine whether the SI joint is the cause of your lower back symptoms is to inject the SI joint with a local anesthetic.



The injection will be delivered under either fluoroscopic or CT guidance to verify accurate placement of the needle in the SI joint. If your

symptoms are decreased by at least 50%, the SI joint may either be the source, or a major contributor, to your lower back pain.³



Treatment Options

Once the SI joint is confirmed as a source of your symptoms, treatment can begin. Some patients respond to physical therapy, use of oral medications, as well as injection therapy. Intermittent use of a pelvic belt may provide symptomatic relief as well.

Treatments such as injections or use of a belt are performed repetitively and improvement using these therapies may only be temporary. If non-surgical treatment options have been tried and do not provide relief, your surgeon may consider other options, including minimally invasive surgery.

Minimally Invasive SI Joint Fusion with the iFuse Implant System[®]

While there are many possible causes of SI joint disorders, the iFuse Implant System is intended for sacroiliac joint fusion for conditions including sacroiliac joint dysfunction that is a direct result of a sacroiliac joint disruption or degenerative sacroiliitis. The procedure involves the insertion of three small, triangular, titanium implants across the SI joint, and is designed to stabilize and fuse the SI joint. This procedure is done through a small incision and takes approximately one hour. Clinical studies have demonstrated that treatment with the iFuse Implant improved pain, patient function, and quality of life.⁴

Sacroiliac Joint Anatomy

The sacroiliac joint (SI joint) is located in the pelvis; it links the iliac bones (pelvis) to the sacrum (lowest part of the spine above the tailbone). It is an essential component for energy transfer between the legs and the torso.

1. Source: Frymoyer JW *et al.* Raven Press; *The Adult Spine Principles and Practice* 1991. Chapter 101, pp. 2115-16, "The Sacro Iliac Joint Syndrome"

2. Weksler, Natan, *et al.* 2007. "The Role of Sacroiliac Joint Dysfunction in the Genesis of Back Pain: The Obvious Is Not Always Right." *Archives of Orthopaedic and Trauma Surgery* 127 (10): 885-88.

3. Dreyfuss, Paul, *et al.* 2004. "Sacroiliac Joint Pain." *The Journal of the American Academy of Orthopaedic Surgeons* 12 (4): 255-65.

4. Polly, D.W. *et al.*, Two-Year Outcomes from a Randomized Controlled Trial of Minimally Invasive Sacroiliac Joint Fusion vs. Non-Surgical Management for Sacroiliac Joint Dysfunction. *Int J Spine Surg.* 2016; 10:Article 28.

— Dr. Polly is an investigator on a clinical research study sponsored by SI-BONE. He has no financial interest in SI-BONE. Research was funded by SI-BONE, Inc. A list of additional published studies is available at www.si-bone.com/results

Learn More

Speak to your healthcare provider or visit www.si-bone.com, where you can learn more about disorders of the sacroiliac (SI) joint. You can also view patient videos and learn how the iFuse Implant System has made a difference in patients' lives.

The iFuse Implant System® is intended for sacroiliac fusion for conditions including sacroiliac joint dysfunction that is a direct result of sacroiliac joint disruption and degenerative sacroiliitis. This includes conditions whose symptoms began during pregnancy or in the peripartum period and have persisted postpartum for more than 6 months. There are potential risks associated with the iFuse Implant System. It may not be appropriate for all patients and all patients may not benefit. For information about the risks, visit:

www.si-bone.com/risks

For more information
please contact us at
1-866-737-2510,
info@si-bone.com,
or visit www.si-bone.com

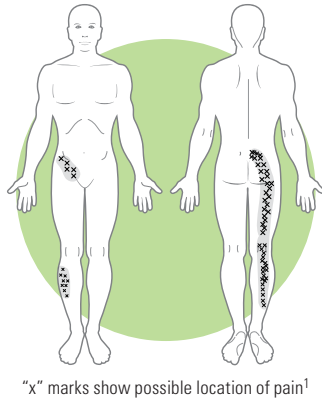
SI-BONE® | **iFuse Implant System**®
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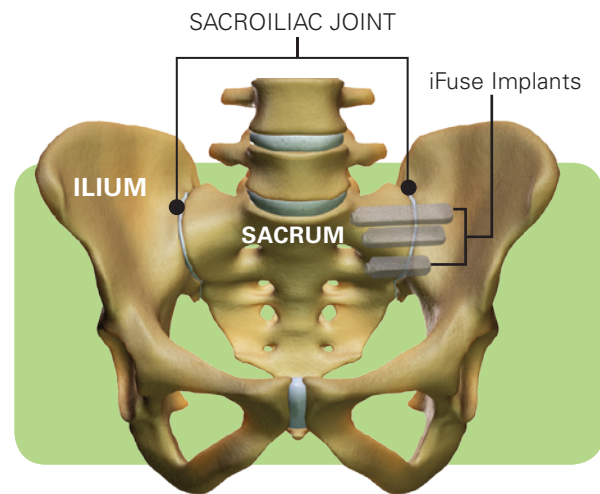
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