

SI Joint Evaluation

Did you know that the sacroiliac (SI) joint may be the cause of pain in 15 to 30% of patients with chronic lower back pain?¹ The evaluation of SI joint disorders requires appropriate review of your history, clinical exam results, and X-rays. This worksheet is intended to help your physician educate you about the SI joint and how to evaluate and identify SI joint disorders.

TO BE COMPLETED BY YOU (Check all that apply):

SI joint disorders can be evaluated by reviewing several different factors. Please fill out the following and your health care professional will explain the importance of each.

HISTORY

When did your pain start?

- Prior trauma
- A fall on the buttock
- Car accident (*T-bone, rear-end, head-on*)
- Lift/Twist
- Other
- Prior lumbar fusion
- Prior iliac bone graft harvest
- Pregnancy

COMPLAINTS

- 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

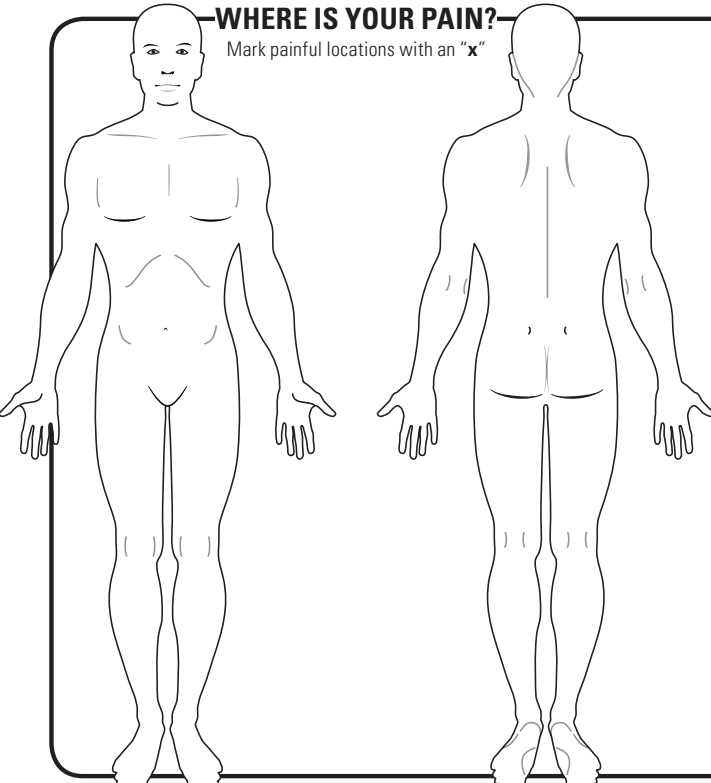
PREVIOUS TREATMENTS

- Physical therapy
How long did you receive treatment?
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- Therapeutic injections
Did you get relief from your pain?.....
How long did it last?.....
- Other
.....

PHYSICAL LIMITATIONS

- How long can you sit?
.....
- How far can you walk?
.....
- How much can you lift from the floor? (lbs.)
.....
- How much can you lift from your waist to your shoulders? (lbs.)
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- Can you walk up a flight of stairs?
.....
- How are you limited at work?
.....
- What activities cause increased pain?
.....
.....

WHERE IS YOUR PAIN?
Mark painful locations with an "x"



RATE YOUR PAIN

Worst Pain Imaginable	10
	9
	8
	7
	6
	5
	4
	3
	2
	1
No Pain	0

TO BE COMPLETED BY YOUR HEALTH CARE PROFESSIONAL:

Your health care professional also has a number of ways to help evaluate SI joint disorders. She or he will explain each of them to you.

PHYSICAL EXAM

- Negative lumbar spine exam
- Negative hip exam
- While standing, have the patient point to the location of pain (Fortin Test)
- Tenderness over SIJ sulcus
- Single leg stance test may induce pain on supporting side
- Positive active straight leg raise
- Pain to palpation inferior to PSIS

SCORES

VAS
(Pain)

ODI
(Function)

PROVOCATIVE TESTS

Szadek² – 3 of 5 maneuvers positive

- Positive
- Distraction
 - Thigh Thrust
 - FABER
 - Compression
 - Gaenslen's

DIAGNOSTIC INJECTIONS OF THE SI JOINT

Number of injections

Pain improvement

NOTES:

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1. Cohen, Steven P. Sacroiliac Joint Pain: A Comprehensive Review of Anatomy, Diagnosis, and Treatment. *Anesth Analg* 2005; 101:1440-1453.
2. Szadek, Karolina M, et al. "Diagnostic Validity of Criteria for Sacroiliac Joint Pain: a Systematic Review." *The Journal of Pain: Official Journal of the American Pain Society* 10, no. 4 (April 2009): 354–368.