

Sacroiliac (SI) Joint Fusion



If you are living with chronic, persistent SI joint pain that has not improved with injections, therapy, medications, or radiofrequency ablation, SI joint fusion may offer lasting relief.

SI joint fusion is a minimally invasive surgical procedure designed to stabilize the sacroiliac joint, reduce abnormal motion, and eliminate the source of pain.

At Vitruvian Health, we specialize in identifying true SI joint dysfunction and offering advanced solutions when conservative care is no longer enough. Our goal is not just temporary relief, it is durable stability and restored function.



Sacroiliac (SI) Joint Fusion



Common Cause of Lower Back Pain: SI joint dysfunction is one of the most underdiagnosed causes of chronic low back pain and is often mistaken for disc problems or hip pathology.



Pain Location: Pain is typically felt in the lower back and buttock region and may radiate into the groin, thigh, or leg.



Failure of Conservative Care: Patients who continue to experience pain despite injections, medications, and physical therapy may be candidates for fusion.



Confirmed Diagnosis Matters: SI joint fusion is considered only after diagnostic injections confirm the SI joint as the true pain generator.



Restoring Stability: When the sacroiliac joint becomes unstable or degenerative, abnormal motion can create persistent mechanical pain that will not resolve on its own without structural stabilization.

Definition: SI joint fusion is a minimally invasive procedure that stabilizes the sacroiliac joint using small implants placed across the joint. These implants reduce motion and allow the joint to fuse over time, eliminating the mechanical source of pain. Unlike injections, which temporarily reduce inflammation, fusion addresses the structural instability itself.

Procedure:

- **Preparation:** The procedure is performed in a surgical setting under anesthesia. Patients are positioned to allow precise access to the SI joint.
- **Imaging Guidance:** Using fluoroscopic imaging, small implants are placed across the sacroiliac joint through a small incision.
- **Stabilization:** The implants stabilize the joint immediately and promote long term bone fusion.
- **Duration:** The procedure typically takes less than one hour.

Recovery:

- Limited weight bearing may be recommended for several weeks
- Gradual return to activity under guidance
- Physical therapy may be incorporated
- Most patients see progressive improvement over 3 to 6 months

Expected Results:

- Significant reduction in chronic SI joint pain
- Reduced reliance on pain medications
- Long term improvement in function and quality of life

Follow-Up:

- You will return for a scheduled follow up visit to monitor healing, assess pain relief, and ensure the joint is stabilizing appropriately.
- Our team will guide your recovery with clear activity progression and support to help you return safely to normal function.

Benefits:

- Provides long term stabilization of the sacroiliac joint by addressing the structural source of pain rather than just reducing inflammation.
- Reduces chronic pain, improves mobility and function, and may decrease the need for ongoing injections or pain medications.

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