

# TREATING PAINFUL SYMPTOMS OF THE SACROILIAC JOINT

Justin Field, M.D. - Orthopedic Spine Surgeon at Desert Institute for Spine Care (DISC)

(Editor's Introduction by Dr. Immerman: The Desert Institute for Spine Care (DISC) is the brain child of Dr. Anthony Yeung, an orthopedic surgeon I have known and had great respect for since the 1980s. Ironically, we met when we were set up to have a classic contentious MD-DC debate on a local radio show but found ourselves in agreement more than not. A thirty year professional and personal relationship ensued. Now, Dr. Yeung's group of orthopedic surgeons is reaching out through ACS to the Arizona chiropractic profession to work together as a team in the best interests of the patient. This is the first time a group of Arizona orthopedic surgeons has made such an outreach to the chiropractic profession and demonstrates true respect for our profession. DISC doctors will use your services whenever appropriate for care and treatment. Do yourself a favor and get to know DISC.)

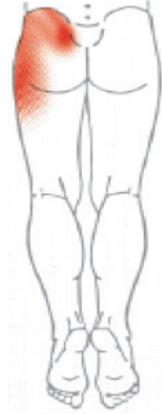


Figure 1

The sacroiliac (SI) joint is often overlooked as a cause of low back pain. In fact, it is estimated that around 15-25% of low back pain is in fact caused by SI joint dysfunction. In most cases, SI joint pain is relieved with conservative measures, such as chiropractic care. However, for some patients, conservative care may not provide enough relief. With these patients in mind, I would like to introduce

a new treatment program I've established at DISC, Desert Institute for Spine Care.

SI joint pain can manifest as buttock pain, trochanteric pain, pelvic pain, or dyspareunia. Pain generated from the SI joint may radiate to the lower limbs as well, easily being confused with nerve root pain or facet joint pain. The most common location for SI joint pain is the upper medial part of the buttock at the junction of the sacrum (Figure 1).

One of the difficulties in treating SI joint pain is the lack of accurate diagnostic tests. Numerous SI joint provocative tests have suggested the pain source, yet the specificity of those tests is generally low. Radiographic tests have been shown to have low sensitivity and specificity in diagnosing SI joint disease as well. I've found that the most reliable diagnostic test for SI joint disease is the temporary pain relief after local anesthetic agent injection into the joint under fluoroscopic control.

When conservative therapies and chiropractic care no longer relieve the painful symptoms originating from the SI joint, a new minimally invasive treatment called SIFix, can be considered. SIFix is a new minimally invasive surgical arthrodesis of the SI joint. The joint is accessed via a small 2cm incision, and

two precisely machined allograft implants are secured into the joint to provide stabilization and pain relief (Figure 2).

Chiropractors are adept at understanding muscle and motion, which aligns with the focus on minimally invasive spine care at DISC, where the least invasive option that achieves the desired outcome is always chosen. I believe that a team approach helps our patients achieve the best results and allows them

to return to an active lifestyle sooner.

As the first surgeon in Arizona to perform this new minimally invasive SI joint stabilization procedure, I welcome the opportunity to work with you to relieve patient's SI joint pain, as well as other neck and back pain. In addition to SI joint treatments,

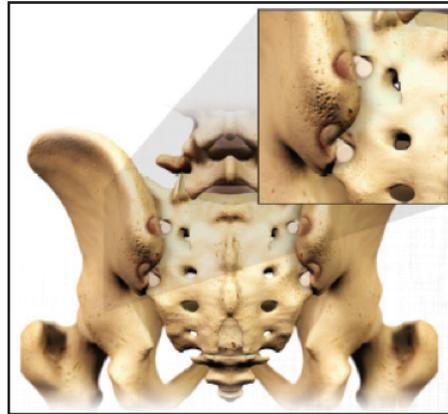


Figure 2

Desert Institute for Spine Care offers the broadest array of spine care options available in Arizona, from guided epidural injections for pain management, to endoscopic discectomy and rhizotomies, to the latest minimally invasive non-fusion and fusion technologies.

My colleagues and I at DISC are pleased to work with chiropractors in a team approach to patient care. If you are interested in viewing a procedure alongside me, or would like more information, please contact Susan Parker at sparker@sciatica.com or call 602-944-2900 x166. Information about Desert Institute for Spine Care can be found online at www.sciatica.com.



**Richard Corcilus**  
richcor26@gmail.com

Serving Arizona For Over 25 years. **480-334-7430**

*Sales & service of all major brands of Tables (new & used), Modalities & Supplies.*



**Affordable Digital X-Ray Equipment**

Click for your FREE quote

[www.customxray.com](http://www.customxray.com)

800.230.XRAY or 602.439.3100

**BOARD COMPLAINT?  
I CAN HELP!**

MANDI J. KARVIS, ESQ.  
I REGULARLY APPEAR BEFORE THE BOARD AND AM FAMILIAR WITH THEIR EXPECTATIONS.



**SANDERS & PARKS P.C.**  
ATTORNEYS • AT • LAW

3030 N. 3RD ST, SUITE 1300  
PHOENIX, AZ 85012  
(602) 532-5816 (DIRECT)



Complete Diagnostic Imaging  
an affiliate of Southwest Diagnostic Imaging Ltd.

- Appointments available 7 days a week
- Quality digital imaging
- Quick report turnaround
- Patient financial services available

*Drew Hunter, D.C., M.D., is a 1996 graduate of Palmer College of Chiropractic, Davenport, IA and is board certified in diagnostic radiology by the American College of Radiology. Dr. Hunter remains a strong proponent of chiropractic care and is available to answer questions related to your imaging needs at Valley Radiologists.*

**Central Scheduling: 623.847.2000**