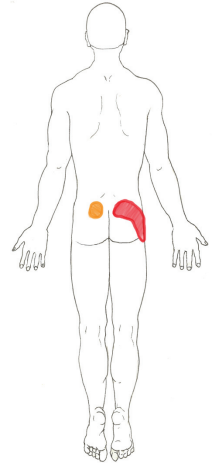


## Sacroiliac Joint Pain Pattern

- Sacroiliac joints are the joints of the pelvis where the sacrum connects to the ilium.
- The sacroiliac joint is a source of pain.
- Fortin et al.<sup>1</sup> established pain patterns for the sacroiliac joint:
  - Typically causes buttock pain but can radiate diffusely down the posterior thigh
  - Does not/rarely cause midline lumbar pain.
  - Does not cross to the other side.
  - Can be unilateral pain (from joints on one side of the pelvis) or bilateral (pain from both sides of the pelvis).
- When pain is chronic or severe, the pain can extend beyond these pain patterns.
- Sacroiliac joints do not have to show degeneration on diagnostic imaging to be painful. This is usually due to a joint sprain (synovitis).
- Sacroiliac joints that do show degeneration on diagnostic imaging can be either a joint sprain (synovitis) or degeneration (arthrosis) or both.
- Consider that the patient may have more than one pain generator.



1. Fortin JD, Dwyer AP, West S, Pier J. Sacroiliac joint: pain referral maps upon applying a new injection/arthrography technique. Part I: Asymptomatic volunteers. *Spine*. 1994;19(13):1475-1482.
2. Fortin JD, Aprill CN, Ponthieux B, Pier J. Sacroiliac joint: pain referral maps upon applying a new injection/arthrography technique. Part II: Clinical evaluation. *Spine*. 1994;19(13):1483-1489.
3. Sizer PS Jr, Phelps V, Thompsen K. Disorders of the sacroiliac joint. *Pain Pract*. 2002;2(1):17-34.
4. Sizer PS Jr, Phelps V, Matthijs O. Pain generators of the lumbar spine. *Pain Pract*. 2001;1(3):255-273.