

Information for your Physician

Did you know that the sacroiliac (SI) joint may be the cause of pain in up to 25% of patients with low 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 you provide your physician with information about your history and complaints. *For more information about the SI joint, visit www.si-bone.com*

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
- Pregnancy

COMPLAINTS

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

PREVIOUS TREATMENTS

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

PHYSICAL LIMITATIONS

How far can you walk?
.....

Can you walk up a flight of stairs?
.....

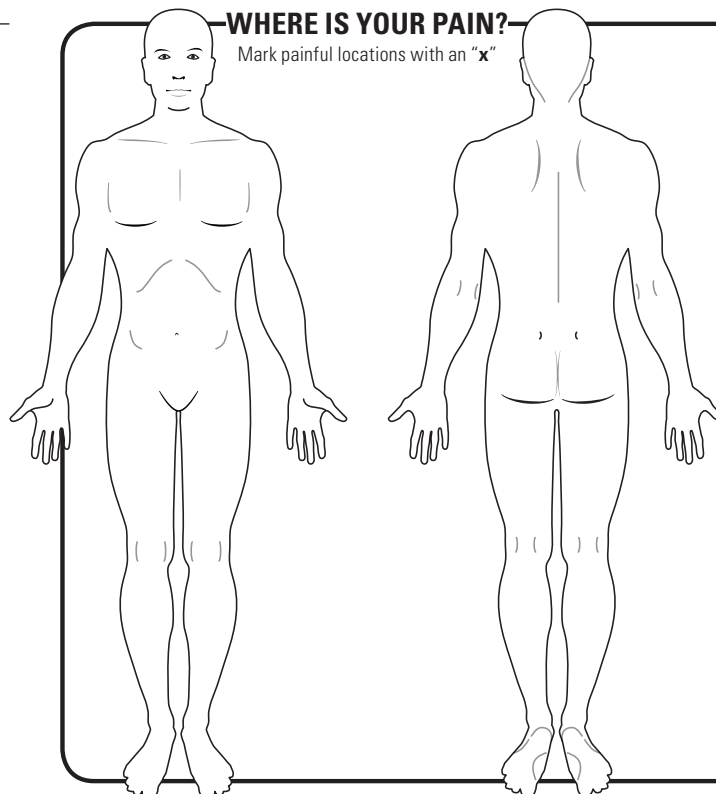
How are you limited at work?
.....

What activities cause increased pain?
.....
.....

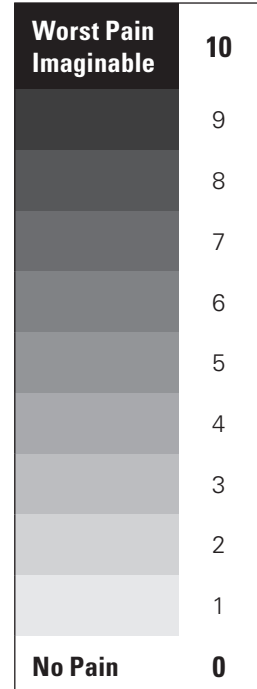
What activities relieve your pain?
.....
.....

WHERE IS YOUR PAIN?

Mark painful locations with an "x"



RATE YOUR PAIN



1. Cohen, Steven P. Sacroiliac Joint Pain: A Comprehensive Review of Anatomy, Diagnosis, and Treatment. *Anesth Analg* 2005; 101:1440-1453.

Questions for your Physician

The following questions are designed to help start a conversation with your physicians and other healthcare professionals.

1. Is it possible my pain is generated from my SI joint?
2. What tests are needed to determine if my SI joint is causing my pain?
3. What non-surgical options would you recommend for my SI joint?
4. If I have failed non-surgical options, would I be a candidate for the iFuse Implant System?

Notes

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The iFuse Implant System[®] – The Method of Choice for SI Joint Fusion[®]

✔ **UNIQUE DESIGN**

Patented triangular implants designed specifically to stabilize and fuse the heavily loaded SI joint.

✔ **STRENGTH OF EXPERIENCE**

More than 25,000 procedures have been performed with the iFuse Implant System.

✔ **CLINICALLY PROVEN**

More than thirty published, peer-reviewed articles demonstrate safety and effectiveness.*

For more information about the diagnosis of the SI joint, clinical results, and risks for iFuse, an MIS procedure for some causes of SI joint pain, visit:
www.si-bone.com

* Polly DW *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 described in this article was supported by SI-BONE, Inc. A list of published studies is available at www.si-bone.com/results

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.