

A PROSPECTIVE STUDY OF SACROILIAC JOINT ARTHRODESIS WITH ONE TO SIX YEAR PATIENT FOLLOW-UP

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In a prospective study of 32 patients, sacroiliac arthrodesis was performed following a course of maximum non-invasive management. The majority of patients were diagnosed with sacroiliac dysfunction secondary to post-partum instability, post-trauma, and transitional sacroiliac joint instability following solid lumbosacral arthrodesis. These diagnoses were made utilizing provocative tests performed by the clinician, physical therapist assessments, SI joint bracing, and fluoroscopic and CT guided provocative and analgesic injections. Arthrodesis was performed using a modified Smith-Peterson procedure, via posterior iliac osteotomy and in situ fusion. Clinical results, with a one to six year follow-up, were evaluated using the Oswestry Low Back Pain Disability Questionnaire, pain indices, physical assessments and returns to a functional level of active daily living. Postoperative SI joint fusions were confirmed by CT scan. Post-operative fusion was obtained in 30 patients. In a population of patients who continue to experience debilitating symptoms following conservative treatment, we believe sacroiliac joint arthrodesis can improve their functional level of activity.