



# Are You Experiencing Back or Leg Pain?

It could be your SI joint.



## SI Joint Dysfunction

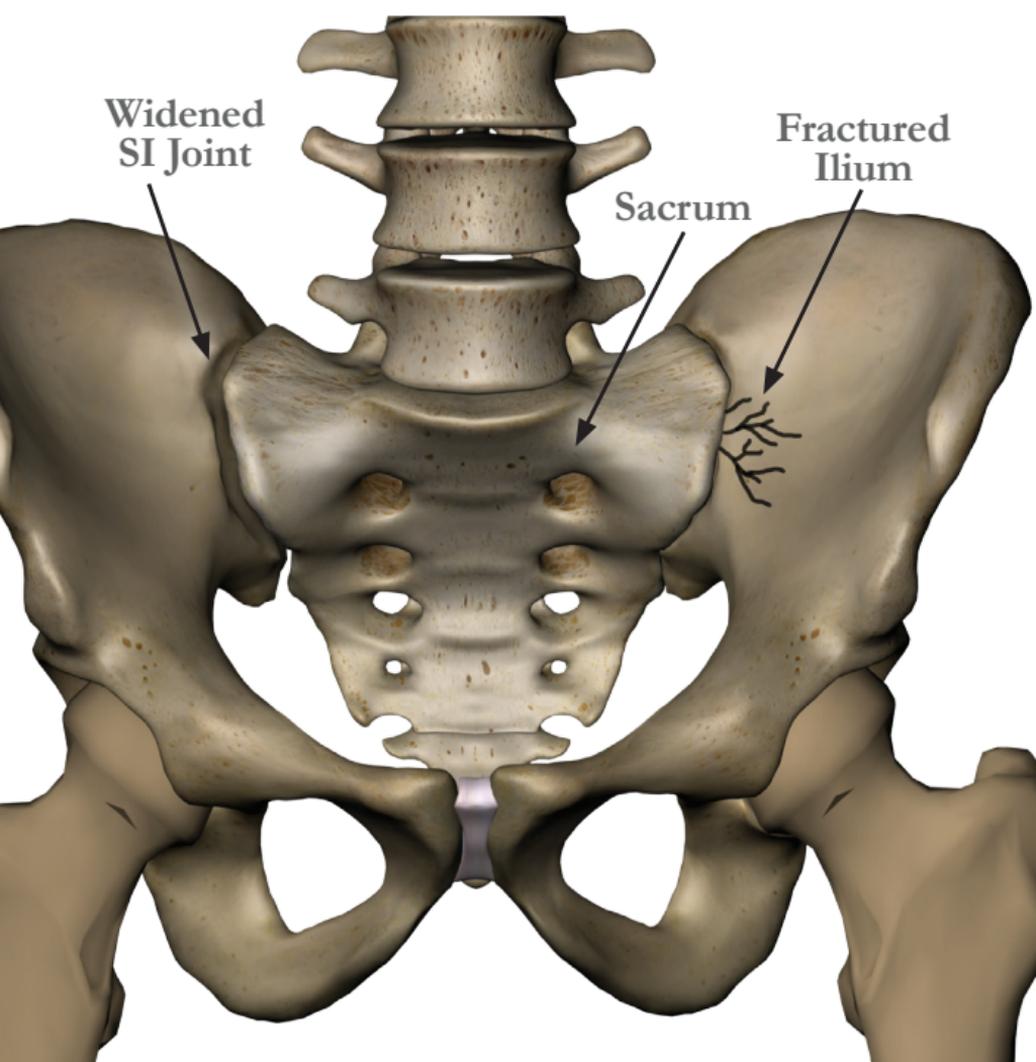
Like any joint, your sacroiliac (SI) joint can degenerate or become injured.

The SI joint has been shown to be a **pain generator for up to 32%** of those complaining of lower lumbar back pain<sup>1</sup>.

# Sacroiliac Joint Anatomy

The sacroiliac (SI) joints connect the sacrum (spine) to the ilium (pelvis). Healthy joints are aided by strong ligaments and muscles, which help limit movement.

## Anterior (Front) View



## Important Functions

- Structural junction between spine & pelvis
- Carries majority of forces from the upper body to legs
- Assists with shock absorption and weight transfer

# Symptoms

- Pain in lower back, groin, pelvis, buttocks, or thighs
- Painful disruption to sitting, sleeping, and walking patterns
- Referred sensation in a lower extremity (Pain, tingling, numbness, or weakness)



# Potential Causes

- Traumatic injury to joint or ligaments (Crash, fall, blow to hip, etc.)
- Past pregnancies (Ligaments are autonomically relaxed during pregnancy and stretched during childbirth)
- Structural asymmetry (Unfused sacrum, limb length discrepancy, pelvic imbalance, etc.)
- Degenerative osteoarthritis (Breakdown of cartilage inside joint)
- Inflammation of one or both SI joints, also known as Sacroiliitis

# Diagnosis

A variety of examinations and tests can be performed to assess if the SI joint is a source or contributor to your symptoms.

## Physical Exams

- Twists and turns
- Applied pressure
- Walking assessment

## Imaging

- X-rays
- CT scans
- MRIs

## Local Anesthetic

A local anesthetic is injected directly into the SI joint. If pain dissipates and then returns, the SI joint may be a source for pain.

# Treatment Options

## Non-surgical Treatments

- Physical therapy
- Oral Medications
- Nerve ablation
- SI belt
- Steroid injections

## Surgical Treatment

Using a small 2–3cm incision either through posterior (back) or lateral (side) for minimal scarring, the surgeon inserts up to three titanium screws across the SI joint to provide critical elements for fusion and to immobilize the joint.

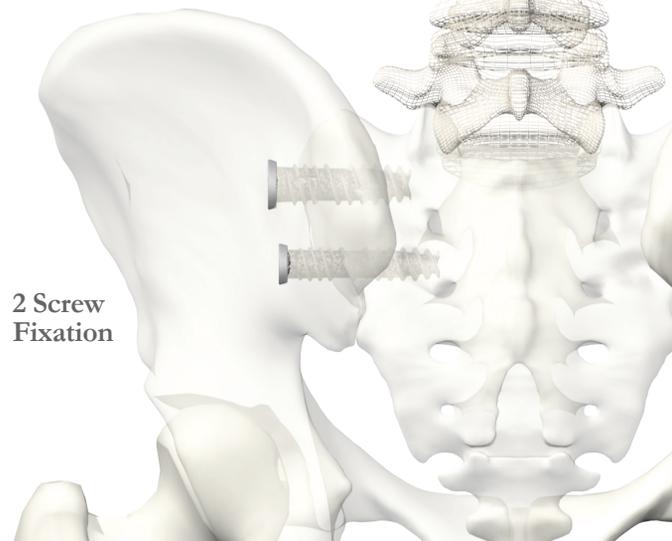
Advanced SI devices incorporate a special compression threading that pulls the sacrum and ilium together, increasing stability and likelihood of fusion. Immediate relief should follow the operation with a shorter recovery than most spine procedures.

## Surgical Treatment with Siber® Ti

Siber Ti is a sacroiliac joint fusion system from the Zavation® product line, where 3D-printed compression screws are used to immobilize the SI joint.



3 Screw Fixation



2 Screw Fixation



ZAVATION®

## Recovery

Treatment with the Zavation® Siber® Ti SI Joint Fusion System may help alleviate pain and return you to a more normal way of life. Recovery time varies from patient to patient. Reasonable expectations and compliance with post-operative instructions from your surgeon are vital. All aspects of any potential surgery should be thoroughly discussed with your healthcare provider.

This brochure is intended as an educational resource only. No claims are being made as to predictive efficacy of this device or procedure. The information presented should, in no way, be used as a substitute for informed discussions between the patient and physician regarding possible and eventual course of treatment. Medical treatment is individually specific to each patient's symptoms. The information contained herein may not apply to you, your condition, treatment, or expected outcome. Surgical techniques and practices vary. Complications may occur. It is important to talk with your physician about all indications, contraindications, warnings, precautions, clinical results and other important medical considerations as pertain to this procedure. Siber Ti is intended for sacroiliac joint fusion for conditions including degenerative sacroiliitis and sacroiliac joint disruptions. It is contraindicated for a number of conditions. It is important to discuss these and all other aspects of any potential surgery with your physician. For more information, you may contact Zavation. <sup>1</sup>Samuel L. Holmes, et al; "Sacroiliac Joint Pain" from Pain Medicine: An Interdisciplinary Case-Based Approach, pages 160-177, Oxford University Press, 2015)

For product information, including indications for use, contraindications, warnings, precautions, potential adverse effects and patient counseling information, visit [www.zavation.com/ifu](http://www.zavation.com/ifu).  
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