

## Sacroiliac Joint Fusion

Dr. Sliva

### Surgical Explanation:

- A small incision is made in the side of the hip area to reach the pelvic bone. Under x-ray guidance, 2-3 screws are placed across the sacroiliac joint to stabilize and fuse the joint in a minimally invasive fashion. The surgery is typically performed in an outpatient setting, meaning the patient can expect to go home the same day as the operation. The recovery nurses will help you get out of bed and start toe-touch weightbearing with crutches.

### Phase I (1 – 5 days post-op)

- Wound care: Keep incision area dry & clean.
  - At 3-4 days post-op, OK to shower with Silverlon dressing sealed and intact. At 7 days post-op, OK to remove dressing
  - For 6 weeks post-op, no baths or pools, until cleared by surgeon's team
- Modalities: Ice PRN for incisional discomfort for 20 min on/20 min off.
- Mobility:
  - Bed: Log rolling
  - Car transfers: Use arms for assist and move legs together as a single unit
  - Stairs: minimize stair climbing until your 6 week appointment with the surgeon; if necessary, lead with non-operated side when ascending and lead with operated side when descending
  - No recliner
- Gait: Until 6 weeks post-op when you see Dr. Sliva, you will use crutches and remain toe-touch weightbearing.
  
- Exercises:
  - Quad sets

Initiation Date: 01-08-2025    Revised Date: N/A

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- Ankle pumps
- Abdominal bracing in supine (pelvic tilt)
- Heel slides (without moving pelvis)
- Sidelying clamshells (without moving pelvis)
- Glute sets
- Until 6 weeks post-op, 20 lb lifting restriction

## **Phase II (6+ weeks)**

- At 6 weeks post-op, begin PT
- Wound care:
  - For 6 weeks post-op, no baths or pools, until by surgeon's team
  - At 6 weeks post-op, OK to begin using vitamin E lotion on incision
- Gait: Until 6 weeks post-op, TTWB with crutches, then begin WBAT with pain avoidance
- Exercises:
  - Until 6 weeks post-op, 20 lb lifting restriction
  - Hip flexor stretching
  - Sit to stand
  - Step ups & stair training
  - Hip extensor and hip abductor strengthening
  - Pelvic & lumbar stabilization



**Adapted From:**

- 1) Consultation with Dr. Sliva, OrthoIllinois

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