

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 weeks post-op)

- At 3 weeks post-op, begin PT
- 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 beginning PT between 3-4 weeks post-op, you will use crutches and remain toe-touch weightbearing.
 - After 3 weeks post-op, PT will help pt to wean from crutches for FWB

Initiation Date: 01-08-2025 Revised Date: 4-2-2026

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- Exercises:
 - Quad sets
 - 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)

- 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: 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, Orthollinois

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