

Is it SI Joint Pain?

To get the most out of your doctor's visit, it's important to arrive prepared. Please complete this form and bring it with you to your visit. The more information you provide, the easier it will be for your doctor to get to the bottom of what's causing your pain and to help you find relief. To find a doctor or for more information visit www.zyga.com.

Information needed from you

Use this form to clearly describe the pain you're experiencing. The more details you can provide, the easier it will be for your doctor to provide the proper diagnosis of your symptoms.

How long have you been experiencing pain?

- Less than 6 weeks
- 6 weeks to 3 months
- 3 months to 6 months
- More than 6 months

Is your pain constant?

- Yes
- No

What activities cause increased pain?

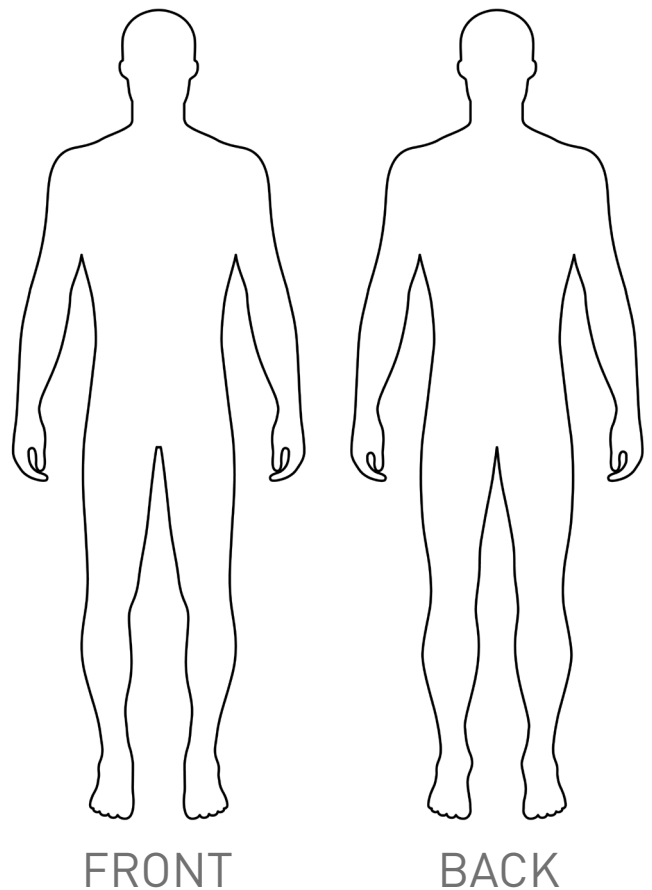
- While sitting or lying down
- Climbing the stairs
- Activities that require a twist in the pelvis
- Walking/jogging

Other:

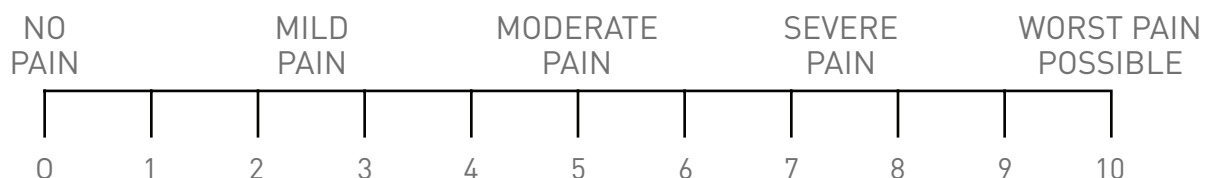
Have you experienced any of the following events?

- Pelvic Injury
- Lumbar Fusion
- Fall on Buttock
- Pregnancy
- Car Accident

Mark where your pain occurs



Circle the number that best describes your pain intensity



Conversation Starters for your Physician

List the treatments you have tried (i.e.: ice packs, physical therapy, steroid injections):

Questions to ask during your visit

- What is my diagnosis?
- What are all of my treatment options?
- Will my insurance cover the treatments?
- Do I need surgery?
- Are there non-surgical therapies I should try?
- Do you have experience treating pain associated with sacroiliac joint disease or dysfunction?
- What lifestyle changes will I need to make?
- Will I be prescribed medications? If so, what are the side effects?

Notes

Minimally Invasive SI Joint Fusion Surgery – The SImmetry System

Although SI joint fusion surgery isn't right for everyone, it can benefit those patients who are appropriate candidates. As with any type of surgical procedure, there are risks associated with SI joint fusion surgery. Be sure to discuss these with a spine specialist who is skilled in diagnosing and treating patients with SI joint dysfunction. Visit www.zyga.com to learn more.

