



FACET/SIJ SYNDROME



PATIENT INFORMATION

**Get back in motion –
fast and pain-free**

The joimax[®] endoscopic facet joint
or SIJ method for treating back pain

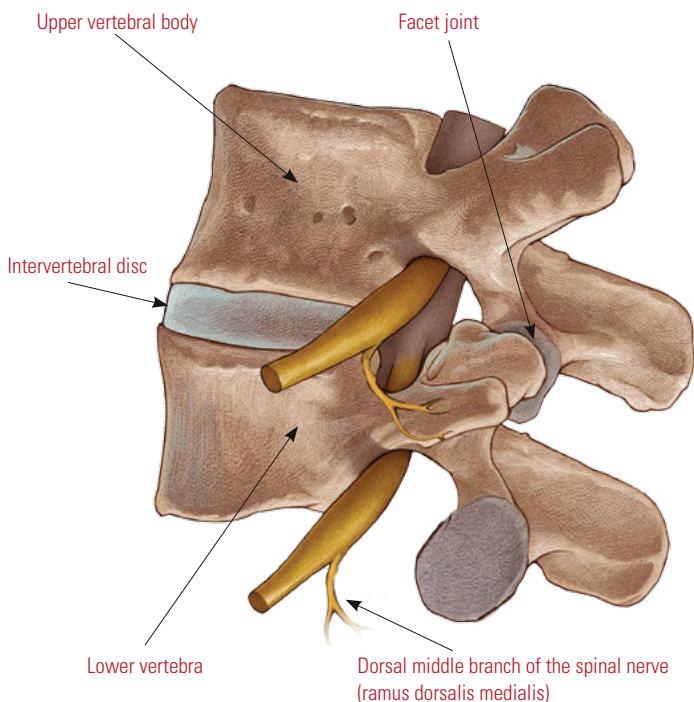
THE FACET JOINT

Dear Patient,

If you have back pain, you are not alone. Up to 85% of the population will experience a back problem at some time in their lives. Luckily in most cases, it will be resolved by conservative treatment (e.g. physiotherapy) or appropriate pain medication. Sometimes the pain continues over a long period (chronic pain). Facet joints and the sacroiliac joint are often the triggers. This can be alleviated by endoscopic denervation of the nerves that are transmitting the pain signals.

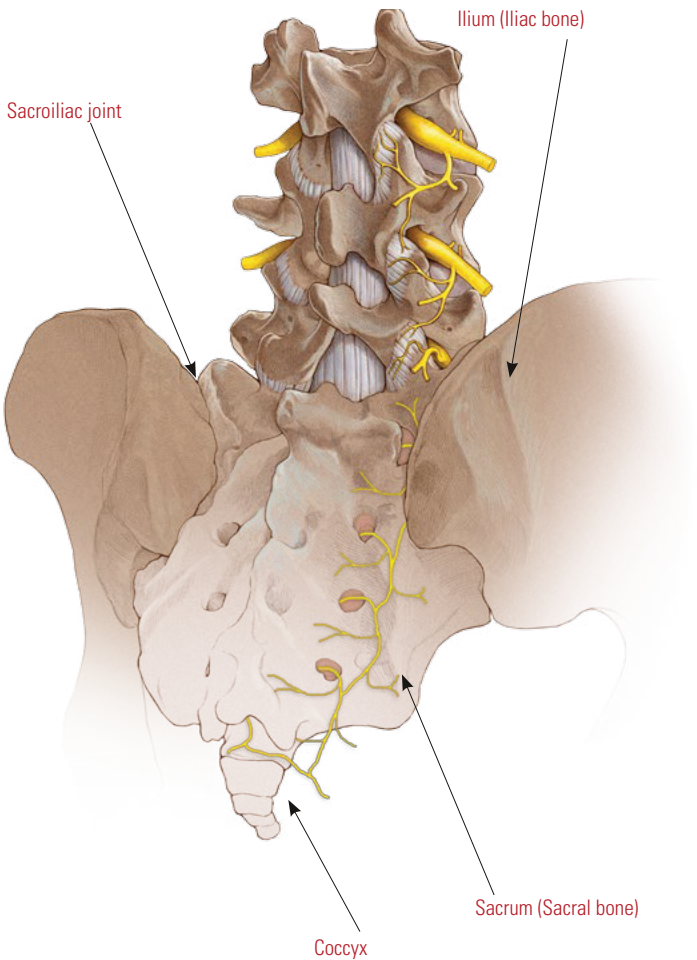
The facet joint and its function

The facet or intervertebral joint is a small joint connecting the articular processes of two adjacent vertebrae. The joint makes the spine flexible. The vertebral discs and the ligaments function together as one unit. A nerve nearby with the name "ramus dorsalis medialis" is responsible for transmitting pain signals from that joint.



The sacroiliac joint and its function

The SIJ is formed in the pelvis connecting the ilium and the sacrum (the last section of the spine above the coccyx). It also connects the legs to the vertebral column and transfers weight and forces between your upper and lower body. The sacroiliac joint is an important shock absorber ensuring that the full impact forces of walking are not transferred to the spine.



FACET SYNDROME

Facet syndrome – what is it?

When a facet joint is swollen or infected, the pain is transmitted to the brain as back pain. Facet syndrome is a wear and tear condition (degenerative condition) of the spine. Wear and tear and increasing age, overexertion or incorrect weight bearing, obesity in combination with poor posture, genetic disposition and general physical inactivity, or an accident involving whiplash, can be the reasons for painful facet joints.

What are the symptoms of facet syndrome?

- Dull pain in the lower back
- Pain radiating into the buttocks, legs or the groin
- Increasing pain under exertion or during the course of the day
- Pain increases as you bent the upper body backward or when lifting the legs lying down. Lying down often results in improvement
- Muscle tension in the neck or lower back
- In a few rare cases: discomfort such as numbness, prickling or morning stiffness

Regular exercise and strengthening of the abdominal and back muscles is the best way to prevent facet syndrome or SIJ syndrome.

SIJ SYNDROME

SIJ syndrome – what is it?

SIJ syndrome covers all pain-triggering dysfunctions of the sacroiliac joint. The SIJ joins the iliac bone with the sacrum. The causes of SIJ syndrome are varying, for example, wear and tear (osteoarthritis), strain, an accident, or hypermobility due to too much play in ligamentous structures. The resulting inflammation causes pain in the lower back and buttocks that may also radiate to the upper thighs.

What are the symptoms of SIJ syndrome?

- > Chronic lower back pain
- > Pain that can radiate from the lower back to the buttocks, the upper thighs up to the knees
- > Pain in the lower abdomen and the groin caused by tension in the lumbar-iliac muscles



ENDOSCOPIC DENERVATION

Alleviation through endoscopic pain treatment in 3 steps

If conservative treatment does not reduce the pain, endoscopic blocking of the nerves may be an effective method. Treatment involves severing the pain-transmitting nerves so that no information can reach the brain. The inflamed joint is also flushed with irrigation as part of the procedure.

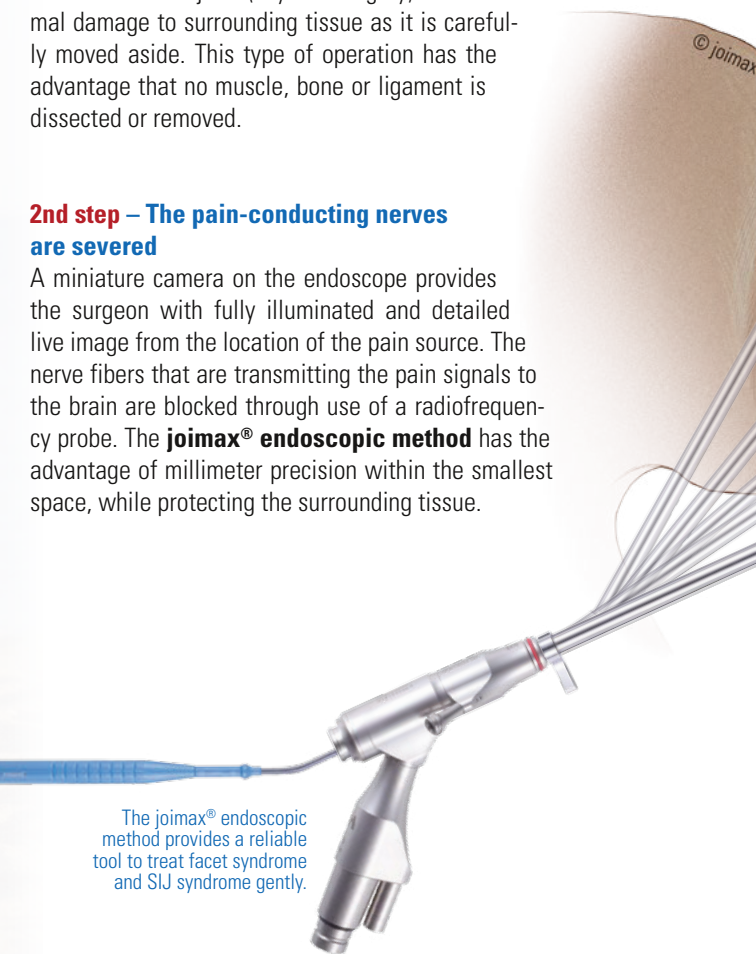
1st step – Access

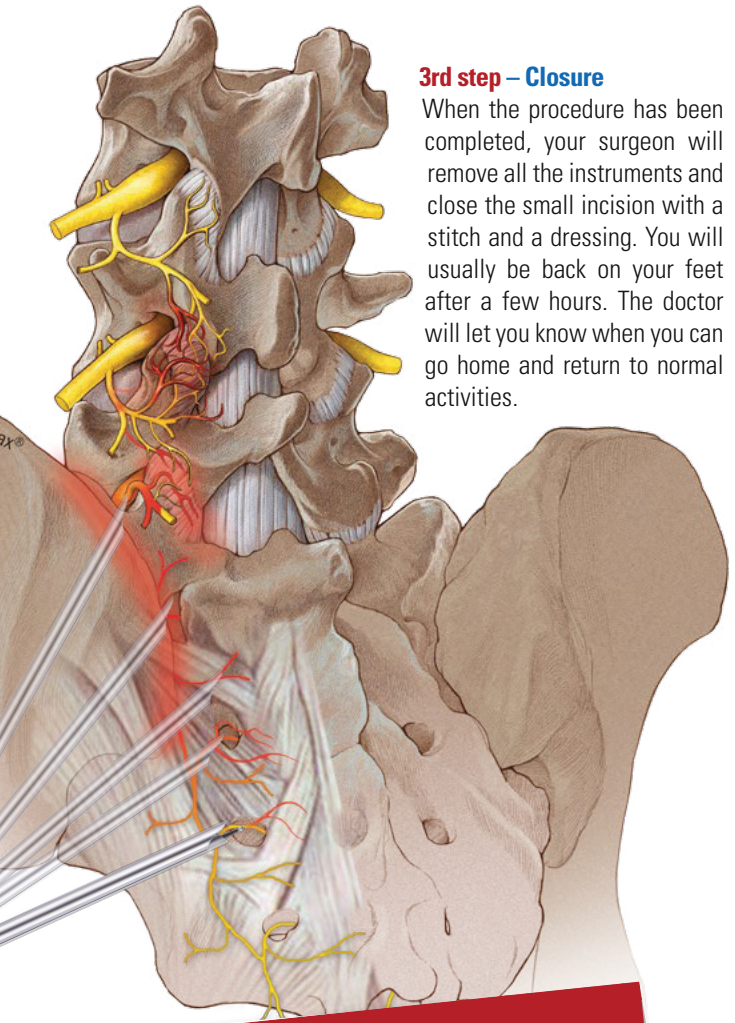
During the endoscopic denervation procedure, a small incision is made through which an endoscope is inserted and guided to the facet joint or the sacroiliac joint (keyhole surgery). There is minimal damage to surrounding tissue as it is carefully moved aside. This type of operation has the advantage that no muscle, bone or ligament is dissected or removed.

2nd step – The pain-conducting nerves are severed

A miniature camera on the endoscope provides the surgeon with fully illuminated and detailed live image from the location of the pain source. The nerve fibers that are transmitting the pain signals to the brain are blocked through use of a radiofrequency probe. The **joimax® endoscopic method** has the advantage of millimeter precision within the smallest space, while protecting the surrounding tissue.

The joimax® endoscopic method provides a reliable tool to treat facet syndrome and SIJ syndrome gently.



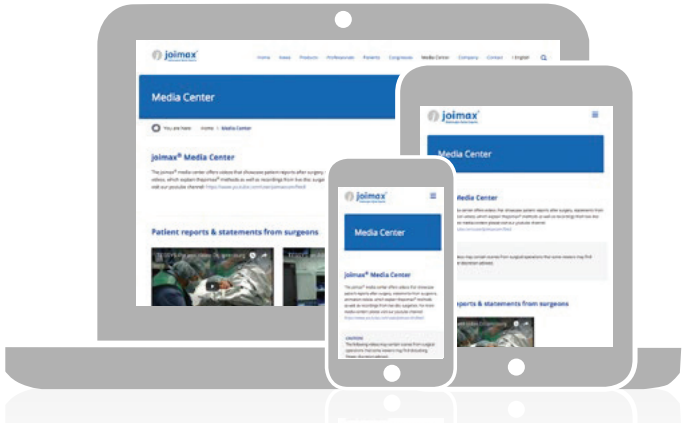


3rd step – Closure

When the procedure has been completed, your surgeon will remove all the instruments and close the small incision with a stitch and a dressing. You will usually be back on your feet after a few hours. The doctor will let you know when you can go home and return to normal activities.

The advantages of endoscopy

- All the stabilizing structures of the spine – ligaments, muscles and bones are unaffected
- Minimal risk of infection
- Less scars, wound and muscle pain
- Faster return to everyday life



If you would like further information,

please visit our website for more about facet syndrome or SIJ syndrome and their treatment. There is also information about other spine conditions and the endoscopic treatment options.



Important!

All the information in this brochure is general in nature and not intended to replace a personal, detailed consultation with a doctor.

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Your therapy partner

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