Survey of 1,000 Women Reveals 8 in 10 are Unaware that Sacroiliac Joint Issues are a Leading Cause of Chronic Lower Back Pain After Pregnancy

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Findings also show that when left untreated, back pain may lead to weight gain, anxiety and depression

SANTA CLARA, Calif.--(BUSINESS WIRE)--Jul. 15, 2019-- Results of a recent survey of 1,000 women (age 35 to 60) conducted by SI-BONE, Inc. (Nasdaq: SIBN), a Silicon Valley-based medical device company dedicated to solving musculoskeletal disorders of the sacropelvic anatomy, found that 86% of respondents are unaware that sacroiliac (SI) joint dysfunction is a leading cause of chronic lower back pain for women over 35 who have been pregnant.

The SI joints are located in the pelvis and formed by the connection of the sacrum to the right and left iliac bones just above the hip joints. The SI joints transfer weight and forces between the upper body and legs during activities such as walking, running and jumping.

Studies have shown that the SI joint is the source of pain in 15-30%[*] of patients with chronic lower back pain and two-thirds[†] of people impacted by the condition are women. The survey revealed that 65% of respondents experience lower back pain and nearly 30% have been dealing with pain for more than ten years. Yet, fewer than one in five women had spoken with a doctor about the possibility of the SI joint being a cause of lower back pain.

“Findings from this survey illustrate the impact of chronic lower back pain on women’s daily lives and that increased awareness of the sources of their pain and access to minimally invasive treatments are needed,” said Bradley Duhon, M.D., neurological surgeon in South Denver, CO. “We encourage women living with unresolved lower back pain – especially those who have been pregnant – to proactively seek an evaluation for SI joint dysfunction by a qualified healthcare professional.”

Despite diagnostic advances, women often see multiple doctors for their chronic back pain before finding a cause or treatment option that works for them. The survey found that 87% of respondents who suffer from chronic lower back pain have seen up to four doctors for treatment. Survey respondents also indicated a number of quality of life struggles due to their lower back pain:

- 43% have difficulty standing up straight, walking or moving from the standing position to the sitting position
- 43% have difficulty sleeping
- 36% struggle with anxiety or depression
- 47% have experienced unwanted weight gain
- 39% are unable to engage in physical activity
- 75% want treatment options that will allow them to stop using over-the-counter medication, prescription drugs or opioids

“We are dedicated to developing minimally invasive treatment options to help patients find relief from chronic back pain due to SI joint dysfunction. Quality of life is greatly impacted for those suffering with chronic SI joint pain. We aim to provide programs that both educate people with chronic SI joint pain and provide innovative treatment options that allow them to get back to enjoying their daily lives,” said Jeffrey Dunn, president and CEO of SI-BONE. “Findings from this survey reinforce the impact this condition has on women and the need for increased education and awareness to support proper diagnosis and treatment.”

About the Survey

The survey of 1,000 women (35+) from across the United States was sponsored and conducted by SI-BONE in June 2019 to better understand awareness of SI joint dysfunction as a serious health issue for women who struggle with lower back pain as well as to learn about women’s experiences with treatments available for lower back pain. Of those queried, over one-third had been living with back pain for 10 or more years.

About SI-BONE, Inc.

SI-BONE is a medical device company that pioneered minimally invasive surgery of the SI joint with the iFuse Implant System. Studies have shown that the SI joint can be a source of pain in 15% to 30% of people with chronic lower back pain. iFuse Implant, commercially available since 2009, is the only SI joint fusion device supported by multiple prospective clinical studies, including 2 RCTs, showing improved pain, patient function and quality of life resulting from treatment. There are over 70 peer-reviewed publications supporting the safety, durable effectiveness, and biomechanical and economic benefits unique to the iFuse Implant (www.si-bone.com/results). This body of evidence has enabled multiple government and private insurance payors to establish coverage of the SI joint fusion procedure exclusively when performed with the iFuse Implant System.

The iFuse Implant System is intended for sacroiliac fusion for conditions including sacroiliac joint dysfunction that is a direct result of sacroiliac joint disruption and degenerative sacroiliitis. This includes conditions whose symptoms began during pregnancy or in the peripartum period and have persisted postpartum for more than 6 months. The iFuse Implant System is also intended for sacroiliac fusion to augment immobilization and

stabilization of the sacroiliac joint in skeletally mature patients undergoing sacropelvic fixation as part of a lumbar or thoracolumbar fusion. There are potential risks associated with the iFuse Implant System. It may not be appropriate for all patients and all patients may not benefit.

*Bernard – *Clin Orthop Relat Res* 1987; Schwarzer – *Spine* 1995; Maigne – *Spine* 1996; Irwin – *Am J Phys Med Rehabil* 2007; Sembrano – *Spine* 2009

†Duhon – *Int J Spine Surg* 2016; Polly – *Int J Spine Surg* 2016; Dengler – *J Bone Joint Surg Am* 2019

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