Indicators of Sacroiliac (SI) Joint Pain

It Hurts Right Here

Fortin Finger Sign

Simple, Reliable Diagnostic Aid

Ask patient to point to location of primary pain:
- Below L5: consider SI joint
- Above L5: consider lumbar spine etiologies

Painful Activities

Sit to stand
- Pain going from sitting to standing
- Midrise catch
- Use of hands/arms to assist with standing

Stepping up
- Pain going up stairs
- Pain with loading affected side

Sitting
- Weight on the unaffected side

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