

Evaluation of Quality of Life Improvement in Patient with Sacroiliac Joint Pain after Modified RF Technique – A 4 Years Retrospective Study

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Abstract Body- Background

Sacroiliac Joint (SIJ) is one of the most common cause of low back pain (1-2).

In Allevio Pain Management, there are two different methods for SIJ-RF, Standard Quadripolar RF, and the Modified Quadripolar RF techniques (3).

Method

This is a retrospective observational study in Allevio Pain Management, Toronto, Canada.

266 patients who had been diagnosed with SIJ pain and had modified RF ablation from 2015-2018 were included. To evaluate quality of life improvement we used Brief Pain Inventory (BPI) questionnaire.

Result

After SIJ-RF, 48% of the patients were pain free from 1-5 months, 27%, 6-11 months, 19%, 12-24 months, and patients (6%) didn't have any pain up to 40 months.

98 patients reported use of narcotics before treatment. There was a significant reduction of narcotics usage (15.85 units) (p-value=0.002).

139 patients (52%) had shown less nonnarcotic consumption, 127(48%) patients didn't have any changes, and no one had shown increase.

All reported BPI items indicated a statistically significant improved. There was not any statistical relation between changes in BPI, age or sex.

From the 266 patients in the sample, 141 (53%) were retired. Only 47 patients (38.2%) of remaining return to work after treatment.

None of the patients had to go to ER for pain control after the treatment.

Conclusion

SIJ Modified RF technique is an innovative technique by Dr. Ramin Safakish. This technique produces significantly larger lesions in area compared to the standard Quadripolar technique, and it is producing a thermal lesion within the interosseous ligaments (3).

References

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