Three Pathways between the Sacroiliac Joint and Neural Structures

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BACKGROUND AND PURPOSE: Despite ongoing clinical suspicion regarding the relationship between sacroiliac joint (SIJ) dysfunction and lower extremity symptoms, there is a paucity of scientific literature addressing this topic. The purpose of this study was to describe patterns of contrast extravasation during SIJ arthrography and postarthrography CT in patients with lower back pain and to determine whether there are pathways of communication between the SIJ and nearby neural structures.

METHODS: Fluoroscopically guided SIJ arthrography was performed on 76 SIJs. After the injection of contrast medium, anteroposterior, lateral, and oblique radiographs as well as 5-mm contiguous axial and direct coronal CT images were obtained. Contrast extravasation patterns were recorded for each joint. These observations included a search for contrast extravasation from the SIJ that contacted nearby lumbosacral nerve roots or structures of the plexus.

RESULTS: Sixty-one percent of all joints studied revealed one of five contrast extravasation patterns. Three of these observed patterns show a pathway of communication between the SIJ and nearby neural structures. These included posterior extravasation into the dorsal sacral foramina, superior recess extravasation at the sacral alar level to the fifth lumbar epiradicular sheath, and ventral extravasation to the lumbosacral plexus.

CONCLUSION: Three pathways between the SIJ and neural structures exist.
Methods

Forty-three consecutive patients with lower back pain (mean age, 33 years; age range, 24–48 years), were enrolled in the study after receiving Internal Review Board approval. The participants met the following criteria: back pain present for longer than 2 months; lower back pain:lower extremity pain ratio of greater than or equal to 75%; no evidence of motor or sensory changes revealed by examination to suggest radiculopathy; no allergy to contrast media or iodine; Beta human chorionic gonadotropin-negative; and willingness to participate in the study. Investigators chose to study the SIJs on the symptomatic sides of the participants. Thirty-one of the 43 participants had bilateral complaints, which allowed for examination of 76 SIJs.

SIJ arthrography was performed as described in a previous study by Fortin and Tolchin (16). Complete arthrograms were obtained in all cases, and no complications resulting from the procedure were observed. No complications were anticipated because previous studies suggested that arthrography is a safe procedure in carefully selected participants (8, 9, 16). Nonetheless, patients were monitored for allergy to contrast medium, postprocedural infection, and bleeding. These problems were minimized by excluding those with histories of allergy to iodinated materials or contrast medium, using a sterile technique and 25-gauge spinal needles. Moreover, there are no major vessels along the needle pathway when using the technique previously described by Fortin et al (8, 9). After the injection of contrast medium, anteroposterior, lateral, and oblique radiographs were obtained for each SIJ. Postarthrography CT was performed on the same joints. Five-millimeter contiguous transaxial and direct coronal images were acquired. A 20° gantry tilt was used for the transaxial scans, and a +20° gantry angle was used for the coronal scans. Window-level settings as well as bone-detail algorithms were adjusted for optimal visualization of soft tissue and osseous structures. Two observers (J.F., E.F.), both of whom are experienced interpreters of SIJ arthrograms, graded the arthrograms and postarthrography CT findings. The joints were divided into anterior, posterior, superior, and inferior components for regional recording of contrast patterns from both techniques. Choices of contrast patterns included anterior, posterior, superior, and inferior extravasation. Other findings, such as capsular attenuation (ie, capsular bulge without associated extravasation) or diverticula, were noted by the observers but were not the focus of this study. In addition to recording the region of contrast extravasation from the joints, the observers were asked to search for extravasation of contrast medium from the SIJ that contacted nearby lumbosacral nerve roots or structures of the sacral plexus.

There was complete agreement between both reviewers regarding all but one case in which extension of contrast medium from the superior aspect of the joint had occurred. Both reviewers observed the leakage of contrast medium, yet one failed to document the extension of contrast medium into the adjacent L5 root canal, which was undoubtedly present on postarthrography CT scans (Fig 5). Complete concordance of findings between plain films and postarthrography CT was achieved in terms of the region of extravasation. CT was necessary to visualize the neural elements and to determine whether contrast medium contacted them.

Results

Thirty-nine percent of all SIJs studied showed no contrast medium extravasation. A normal SIJ arthrogram is shown in Figure 1. Sixty-one percent
TABLE 1: Observed contrast extravasation patterns from 76 sacroiliac joints

<table>
<thead>
<tr>
<th>Pattern of extravasation</th>
<th>No. observed</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ventral</td>
<td>12</td>
<td>16%</td>
</tr>
<tr>
<td>Dorsal to first sacral foramina</td>
<td>6</td>
<td>8%</td>
</tr>
<tr>
<td>Dorsal subligamentous</td>
<td>18</td>
<td>24%</td>
</tr>
<tr>
<td>Superior to sacral ala</td>
<td>2</td>
<td>3%</td>
</tr>
<tr>
<td>Inferior</td>
<td>9</td>
<td>12%</td>
</tr>
<tr>
<td>None</td>
<td>29</td>
<td>38%</td>
</tr>
</tbody>
</table>

of all SIJs studied revealed extravasation of contrast medium. Observed contrast medium extravasation patterns from the ventral, dorsal, superior, and inferior aspects of the 76 SIJ capsules are displayed in Table 1.

Ventral extravasation near the lumbosacral plexus was observed in 12 (16%) of the SIJs studied (Fig 2). Other ventral capsular findings, not included as frank contrast medium extravasation, deserve special mention. Six arthrograms revealed ventral capsular attenuation without extravasation, whereas nine others exhibited a wispy pattern of extravasation through a small ventral schism (Fig 3).

Dorsal leakage of contrast medium was seen in 24 (32%) of all SIJs. In six of these, contrast medium was observed to enter the first dorsal sacral foramen, which overlies the first sacral nerve root (Fig 4). In the others, contrast medium layered between the dorsal sacroiliac ligament and the sacrum.

In addition, two (3%) arthrograms exhibited direct flow of contrast medium from the superior cap-
Fig 3. Capsular attention (ie, focal capsular bulge) and schism in a 28-year-old man with an insidious onset of lower back pain.

A. Concentric area of ventral capsular attenuation is displayed at soft-tissue settings (arrowheads) of this postarthrography axial CT scan obtained at the S2 level.

B. Markedly attenuated area of the ventral capsule and sacroiliac ligament allows seepage of contrast medium in a feathery, wispy dispersal pattern (ie, schism with indistinct margins) into the presacral region (arrow).

Fig 4. A 42-year-old laborer with back pain and occasional posterior right lower extremity pain to the calf. A potential pathway between the SIJ and anterior ramus of S1 is present.

A. Arthrogram of the anteroposterior view reveals contrast medium extending (dotted line) into the S1 dorsal foramina (1). Symbols: 2, S2 dorsal foramina; 5, pedicle of L5.

B and C. Axial and direct coronal postarthrography CT scan through the S1 foramina (soft-tissue window/level settings). Contrast is observed in the right S1 dorsal foramina on both scans (arrowheads).

D. Compare this axial CT scan at the S1 level in another patient after bilateral SIJ arthrography to the above case. The arrowheads point to the S1 anterior rami bilaterally. Notice on the right how contrast medium encircles the S1 segmental root.

E. Line drawing of the dorsal view of the pelvis and L5–S1 motion segment. Small arrowheads on the right indicate where the ilium has been “resected” to reveal the SIJ; the dorsal ligaments have been stripped away. The fine wavy arrow indicates contrast medium tracking subligamentously from the SIJ to the S1 dorsal-sacral foramina. The small curved arrow (at the top of the right SIJ) indicates contrast medium extravasating from the superior aspect of the right SIJ into the right L5 root canal. The discontinuous lines indicate the L5 segmental nerve roots.
sacular recess along the sacral ala to the fifth lumbar epiradicular sheath (Fig 5).

**Discussion**

During the past several decades, there have been numerous reports of patients suspected of having idiopathic SIJ pain who also have associated lower extremity symptoms, including radi- cular pain (2, 10, 11). The mechanism by which lower extremity pain occurs in patients with SIJ dysfunction remains unknown. Unfortunately, spinal morphologic studies often fail to be adequately predictive of the true pain generator in any given patient. Studies that seek to explain morphologic and physiologic changes and how they relate to the evolution of spinal pain syndromes are much needed.

In this study, five principal patterns of extracapsular contrast extravasation from the SIJ were ob- served using plain-film arthrography and postar- thrography CT. Three of these patterns reveal a potential pathway of communication between the SIJ and nearby neural structures. These include posterior extension into the dorsal sacral foramina, superior recess extravasation at the sacral alar level to the fifth lumbar epiradicular sheath, and ventral leakage to the lumbosacral plexus.

Frank extravasation of contrast medium is easily visible on both plain-film arthograms and postar- thrography CT scans. The added value of postar- thrography CT lies in its greater sensitivity for de- tection of subtle capsular changes and extravasation of small amounts of contrast medium. This is es- pecially true for the ventral capsule in which changes of normal capsular structure are seen. The range of ventral capsular findings may represent points on a continuum of the same process. The patterns of ventral capsular attenuation and schism later might become frank ventral tears.

The large percentage of observed dorsal extrav- asation is not surprising considering that the dorsal capsule is discontinuous compared with the ventral capsule, which is a continuous sheet of connective tissue (10). The dorsal capsule allows contrast me- dium to track along the posterior aspect of the sa- crum and enter the dorsal sacral foramen relatively unimpeded.

Our findings raised some intriguing questions that have provided the substrate for investigations that are currently underway. Is it plausible that in the setting of capsular disruption, intra-articular contents, including inflammatory chemical media- tors in symptomatic patients, could leak from the SIJ in a manner similar to the extracapsular contrast extravasation patterns observed in this study? If so, irritation of adjacent neural structures could manifest as lower extremity symptoms.

The role of contrast-enhanced anatomic studies as progenitors in revealing spine pain mechanisms bears historical significance. For example, Lind- blom (18) provided the foundation for the under- standing of discogenic pain when he injected red dye into the nucleus pulposus of cadaveric disks and observed it leaking through annular rents. Similarly, we think that patterns of communica- tion from the SIJ to nearby neural structures may have significance. There is evidence of a substan- tial role for biochemical or inflammatory media- tors in discogenic and facet joint pain (12—15). Accordingly, the pathophysiologic mechanism by which SIJ dysfunction leads to lower extremity pain may include biochemical factors that affect regional nerves via direct communication from the SIJ.

**Conclusion**

Contrast extravasation after SIJ arthrography can be visualized in patients with lower back pain. Five extravasation patterns were observed, including three pathways of communication between the SIJ and nearby neural structures.

**References**


