

# Indicators of (SI) Sacroiliac Joint Pain

## Painful Activities



### Sitting

- Weight on unaffected side



### Sit to Stand

- Pain from sitting to standing
- Midrise catch
- Use of hands/arms to help stand



### Stepping Up

- Pain going up/down stairs
- Pain with loading affected side

## It Hurts Here

Fortin Finger Test

**Simple,  
Reliable**

Diagnostic Aid

Ask Patient to Point to Pain Location:

Below L5: Consider SI Joint

Above L5: Consider Lumbar Spine