

## Coccydynia

Coccydynia is a pain felt in your coccyx (tailbone). This is the last bone at the bottom of the spine (tailbone). You can get it if you injure or strain your coccyx or the surrounding muscles and ligaments.



### Signs and symptoms:

The main symptom is pain and tenderness in the area just above the buttocks.

The pain may:

- be dull and achy most of the time, with occasional sharp pains
- be worse when sitting down, moving from sitting to standing, standing for long periods, having sex and going for a poo
- make it very difficult to sleep and carry out everyday activities, such as driving or bending over

### Causes:

Common causes of coccydynia include:

- childbirth
- an injury or accident, such as a fall
- repeated or prolonged strain on the coccyx
- poor posture
- being overweight or underweight

### Treatment:

- Self-care measures, such as avoiding prolonged sitting, using a specially-designed coccyx cushion (doughnut cushions), applying hot or cold packs to your lower back and wearing loose clothing are considered useful.
- Your doctor or pharmacist will be able to advise you on appropriate medications.
- exercises, massage and stretching advised by a physiotherapist
- In a small number of cases where other treatments have not helped, surgery may be needed to manipulate the coccyx. You will be referred by your doctor or physiotherapist for orthopedic review where deemed necessary
- Long term self-management, exercises and avoiding repeated pressure along the painful area is necessary for improvement in the condition.

### Exercise considerations:

- Do all the exercises within pain free limits, stretch pain is common with exercises and that should ease off within 30 minutes-1 hour after having done the exercises
- Post exercise soreness is quite common and could be felt up to 48 hours after having done the exercise regime. This should get better as you continue with the regime over time
- If any exercise worsens your symptoms, stop that exercise and seek advice from your physiotherapy