



Coccydynia

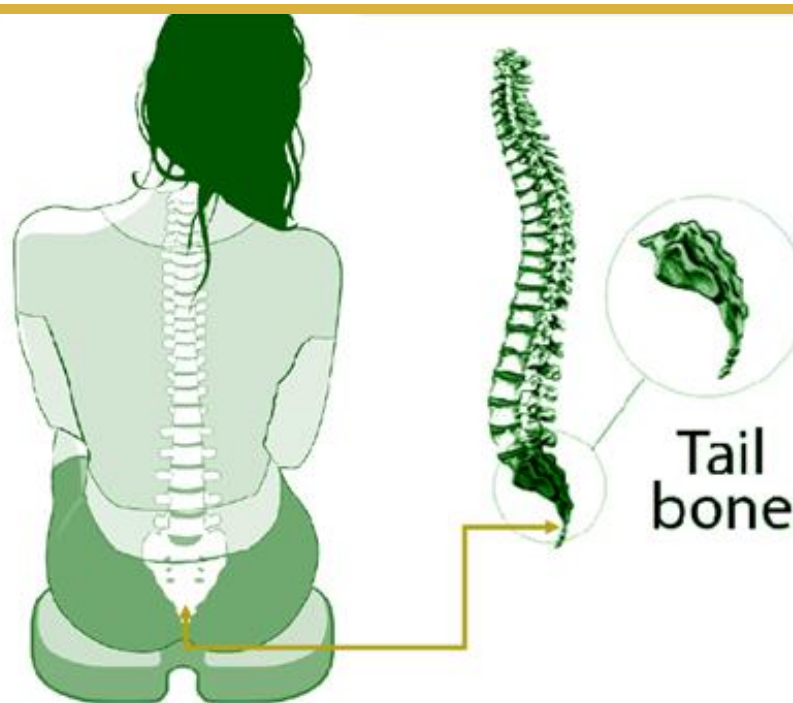
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Primary Healthcare Centres
مراكز الرعاية الصحية الأولية

Introduction:

- The vertebral column is a series of bony vertebrae and cartilage that extend longitudinally in the back area in order to preserve the spinal cord.
- Coccydynia is a medical term refers to pain and discomfort in the tailbone at the base of the spine or the surrounding tissue.



Causes of Coccydynia:

- ♦ Falling backwards which may cause bruises in the coccyx.
- ♦ Childbirth in female can cause the muscles and ligaments around your coccyx to overstretch. Such a strain on those soft tissue keeps them from supporting the coccyx at the correct angle.
- ♦ Prolonged sitting on a hard or narrow surface.
- ♦ Being overweight or obese can place excess pressure on the coccyx especially while sitting down.
- ♦ Significant weight loss can affect the padding around the coccyx which leads to rubbing against the tissues surrounding it.
- ♦ Degenerative arthritis (osteoarthritis) that develops during aging process.

Symptoms:

- ♦ Severe pain around the coccyx that gets worse when moving from sitting to standing or when sitting or standing for long periods.
- ♦ Having difficulty during emptying the bladder or defecation.
- ♦ Discomfort during sleeping or while performing activities of daily living like driving.
- ♦ Pain during activities requiring backward bending.

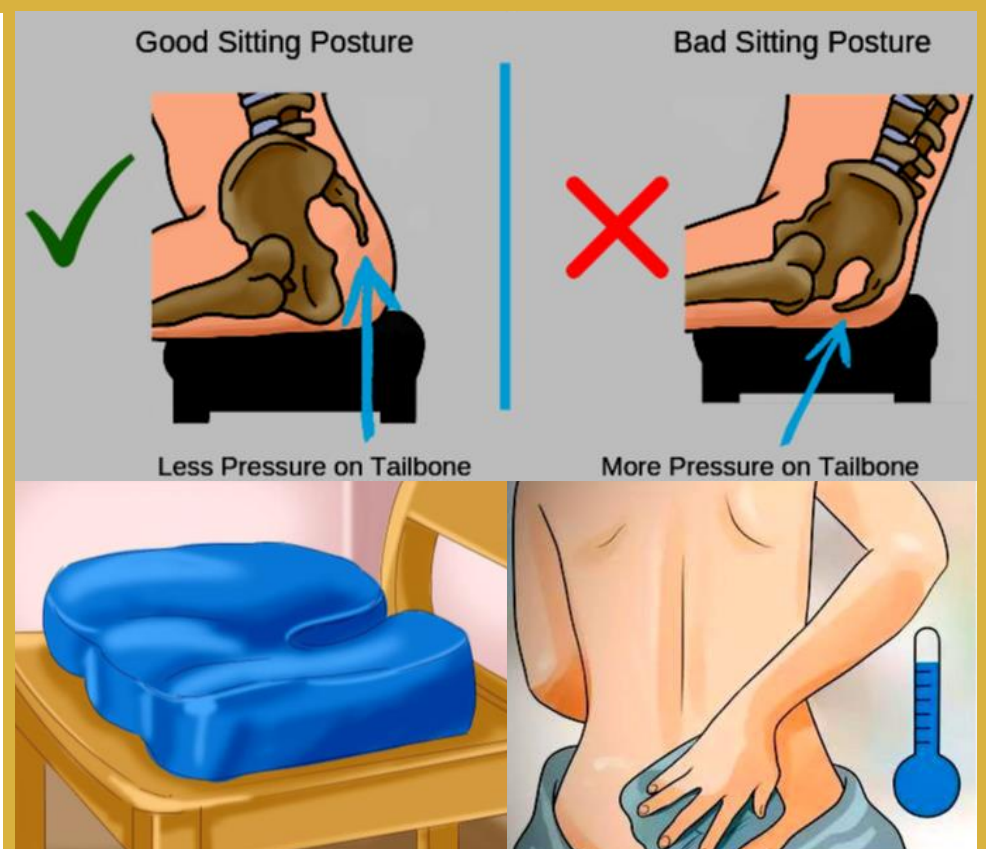
Women and Coccydynia:

Women are more likely affected by coccydynia than men, due to injuries to the coccyx area during childbirth.

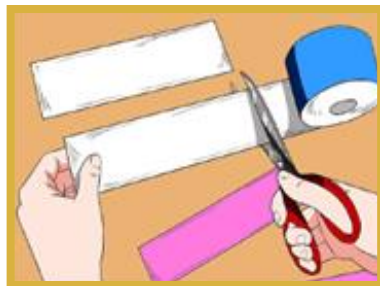
Treatment of Coccydynia:

Coccydynia usually heals on its own without treatment, but you can manage your coccydynia by doing the following:

- ♦ Taking non-steroidal anti-inflammatory drugs (NSAIDS) after consulting a doctor.
- ♦ Leaning forward while sitting to decrease the pressure on the coccyx.
- ♦ Applying hot or cold packs on area of pain.
- ♦ Sitting on a U- shaped pillow that takes pressure off the coccyx.



Medical Taping and Coccydynia



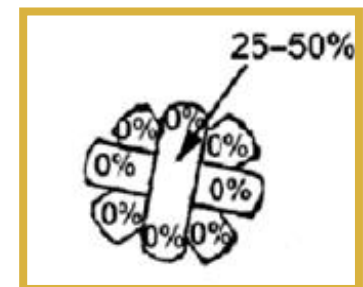
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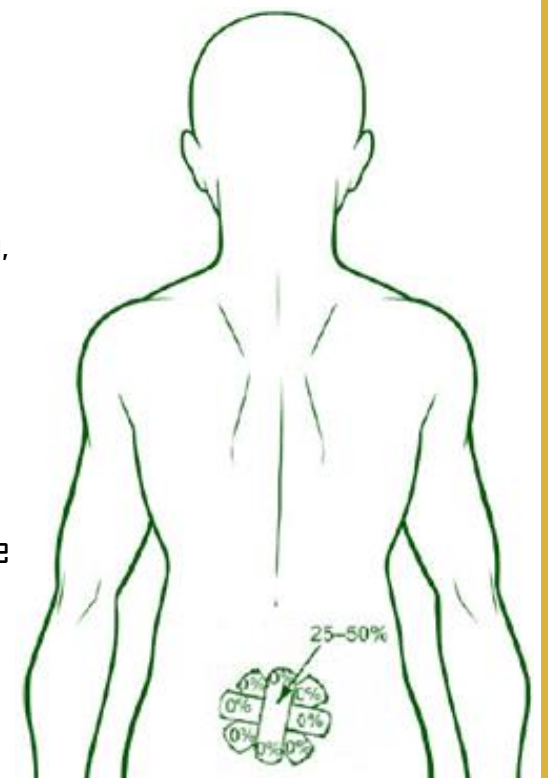
Medical taping works on relieving coccyx pain by decreasing pressure on that area.

Tips for using medical taping:

- ♦ Clean and dry the skin prior to application.
- ♦ Consult your physiotherapist before using the tape to explain the proper way of application and to clarify if the patient will need assistance in applying the tape at home.

How to apply medical taping for coccydynia:

- ♦ Cut 4 strips of same length tape as instructed by the physiotherapist (**figure 1**), then round the edges (**figure 2**).
- ♦ Tear paper from the tape and consider not to touch the adhesive side of the tape (**figure 3**).
- ♦ The patient will bend forward as possible.
- ♦ Apply 25-50% stretch to the original length of tape in the center and place it on the painful area, then remove paper from both ends and place it with no stretch (**figure 4**).
- ♦ Rub the tape to activate adhesive, apply the rest of strips in the same way.
- ♦ Remove the tape gently after 3-5 days from application and consider removing it directly in case of any allergic reaction.

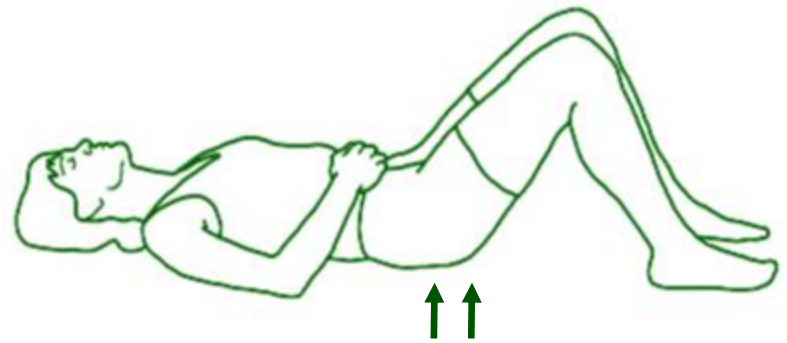


Rehabilitation and Therapeutic Exercises

The following exercises can be performed daily according to your ability. Consider consulting your physiotherapist before doing any of these exercises.

Gluteal Sets:

- ♦ Lie down with your knees bent.
- ♦ Squeeze buttocks together and hold for 5 seconds then relax to starting position.
- ♦ Number of repetitions: 10 repetitions / number of sets: 3 sets.



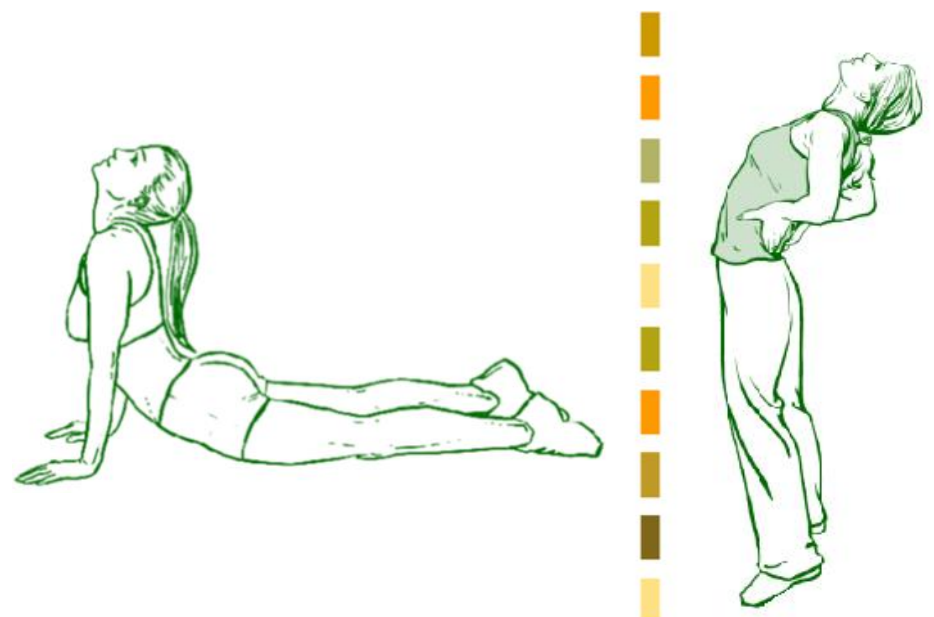
Kegel Exercise:

- ♦ Make sure to empty your bladder before doing the exercise.
- ♦ Tighten the pelvic floor muscles as if stopping yourself passing urine and hold on this position for 5 seconds then relax.
- ♦ Maintain normal breathing during the exercise.
- ♦ Number of repetitions: 10 repetitions / number of sets: 3 sets.



Cobra Pose Exercise:

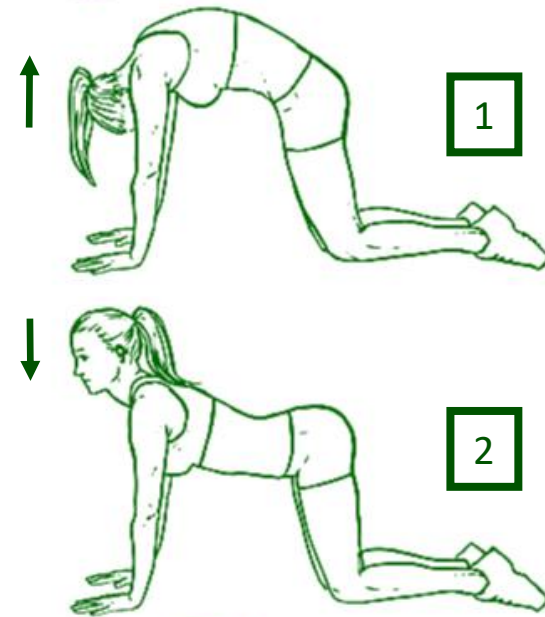
- ♦ From prone position lift the head and chest up by straightening the arms and hold for 30 seconds then return to starting position.
- ♦ Can also be done in standing.
- ♦ Number of repetitions: 3-5 repetitions / number of sets: 2-3 sets.



Rehabilitation and Therapeutic Exercises

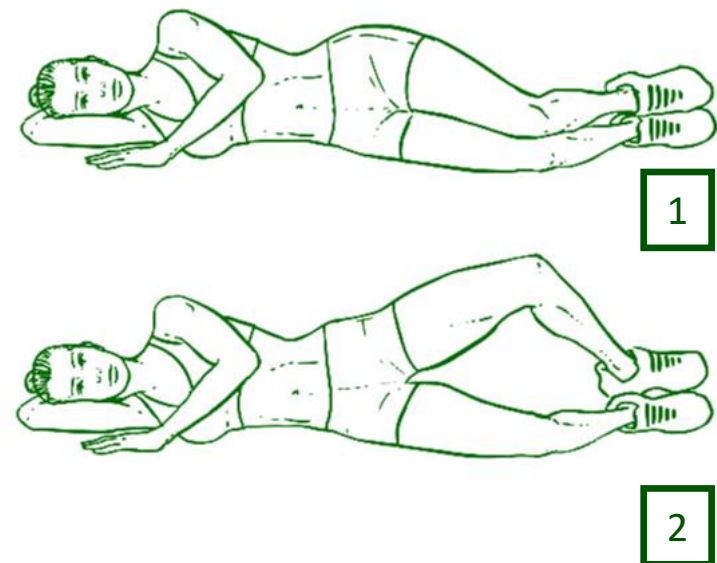
Cat Camel Exercise:

- ◆ Start in cat pose by getting on your hands and knees.
- ◆ Arch your back up while dropping your head down, hold in this position for 5 seconds.
- ◆ Then arch your back down towards the floor and hold for 5 seconds then return to starting position.
- ◆ Number of repetitions: 5 repetitions / number of sets: 2-3 sets.



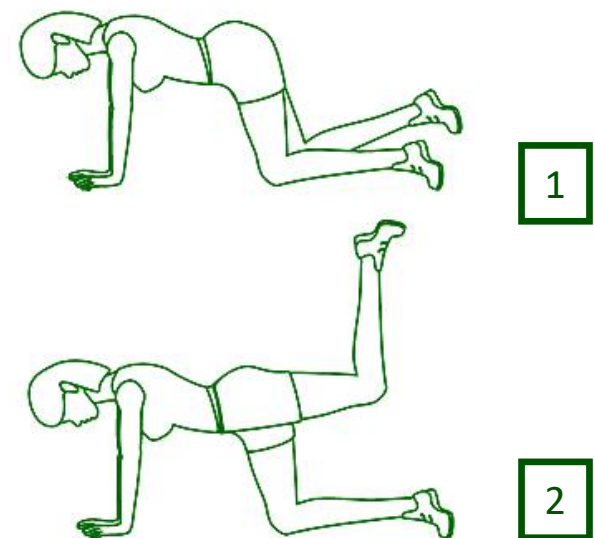
Clam Shell Exercise:

- ◆ Lie on your side with knees bent and feet together as shown in the picture (figure 1)
- ◆ Lift your knee up but keeping your feet together and keeping your pelvis still throughout. Hold for 5-10 seconds then slowly return to the starting position (figure 2).
- ◆ Number of repetitions: 10 repetitions / number of sets: 2-3 sets.



Donkey Kicks Exercise:

- ◆ Start in cat pose by getting on your hands and knees (figure 1).
- ◆ Lift your leg up then lower it gently (figure 2).
- ◆ Number of repetitions: 10 repetitions / number of sets: 3 sets.



Hip Extension Exercise:

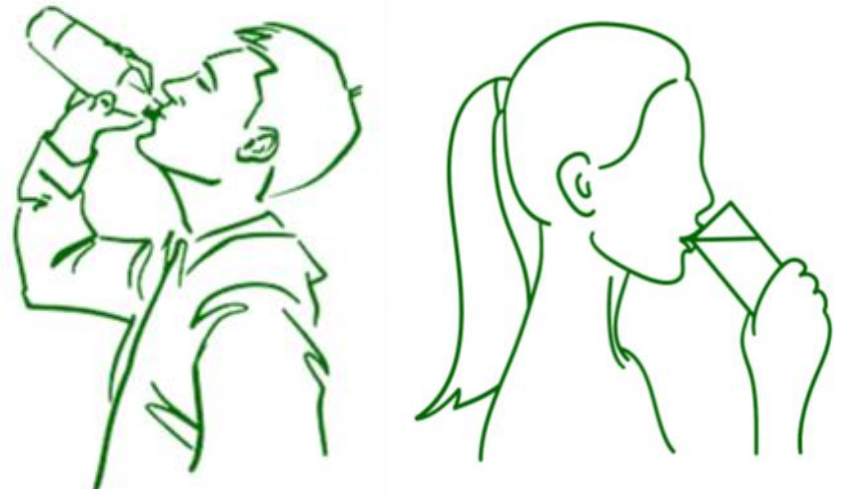
- ◆ Stand straight and hold onto a chair or table for support.
- ◆ Move your leg backward gently then return to starting position.
- ◆ Number of repetitions: 10 repetitions / number of sets: 3 sets.



IMPORTANT ADVICES

Constipation contributes to increased the incidence of coccyx pain due to the strain on this area, it's better to avoid constipation by following these instructions.

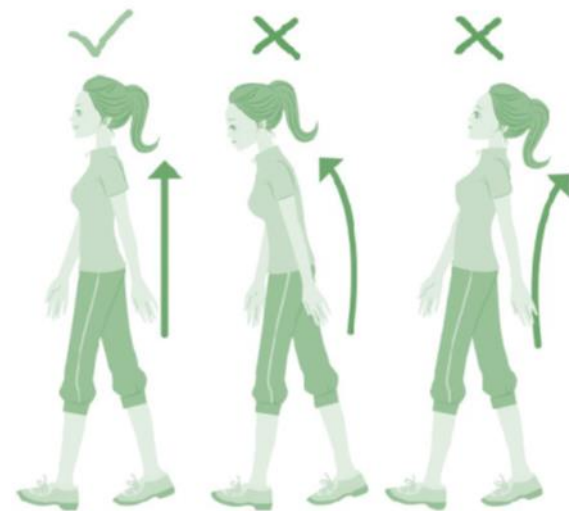
Drink adequate amount of fluids approximately 1.5 - 2 liters daily



Follow a healthy diet and focus on foods high in fiber in addition to fruits and vegetables.



Exercising such as walking helps to stimulate digestion.



Sitting in the correct position on the toilet as shown in the picture to stimulate emptying of bladder and defecation with feet supported on a box.

