

# Patient reports of coccydynia treatment effectiveness

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[www.coccyx.org](http://www.coccyx.org)

# Data source

- [www.coccyx.org](http://www.coccyx.org) running since 1999
- Personal experiences up to end of 2017:  
2,210 in English, 130 in other languages
- Most give information about treatment, time since treatment, and outcome
- Use English language reports to examine outcomes of different treatments

# Disadvantages of this study

- Volunteers – bias from ‘Cries for help’
- Mixed causes and stages
- No verification
- No consistency of reporting
- Often have to estimate success percentage
- Variation in procedures
- Encouragement by therapists for patients to report ..

Results from a study like this  
will not give accurate estimates  
of treatment success rates

So why do it?

# Disadvantages of medical trials

- Not 'real world' outcomes
- Academic publication bias
- Not all treatments studied

# Data recorded for each patient

- Treatments, if any
- Months since start of each treatment
- Effectiveness (0-100%) of each treatment at the time of reporting

# Numbers of reports

- 2,210 experiences in English
- 1,241 experiences with usable information
- 1,735 reports of treatment
- 726 reports 1 year or more after treatment

# Categories of treatment

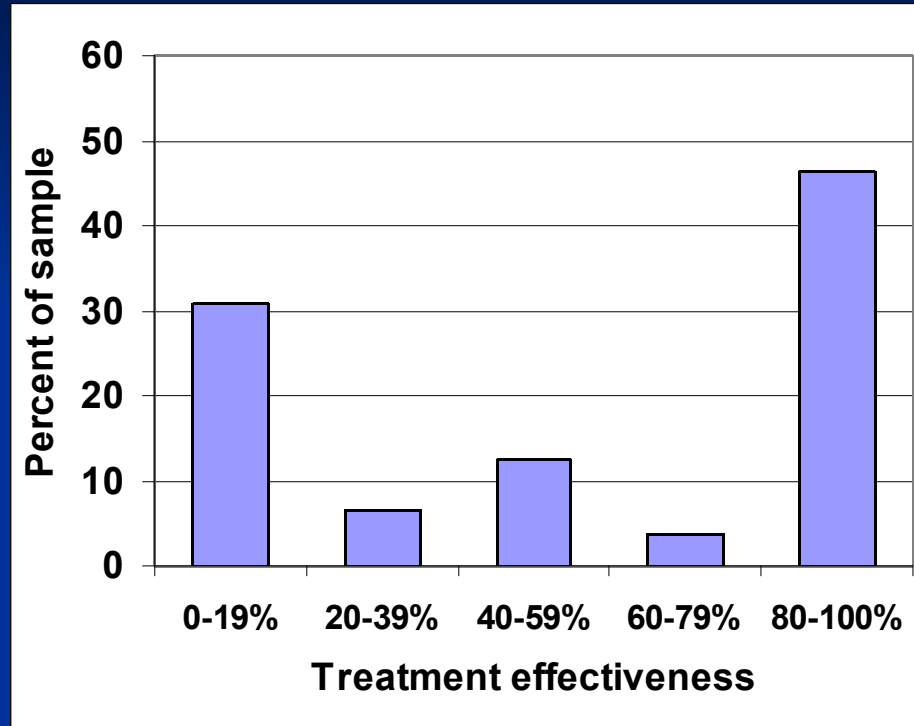
- Manipulation of coccyx, internal or external
- Corticosteroid injection into joint, including MUA
- Coccygectomy, partial or complete
- Exercises (not general exercise)
- Nerve block, chemical or radiofrequency heating
- Others



# Numbers of treatments

	All	1 year or more
Manipulation	469	128
Corticosteroid injection	475	248
Surgery	250	136
Exercises	88	26
Nerve block	40	25
Other	413	163
<b>Total</b>	<b>1735</b>	<b>726</b>

# Coccygectomy

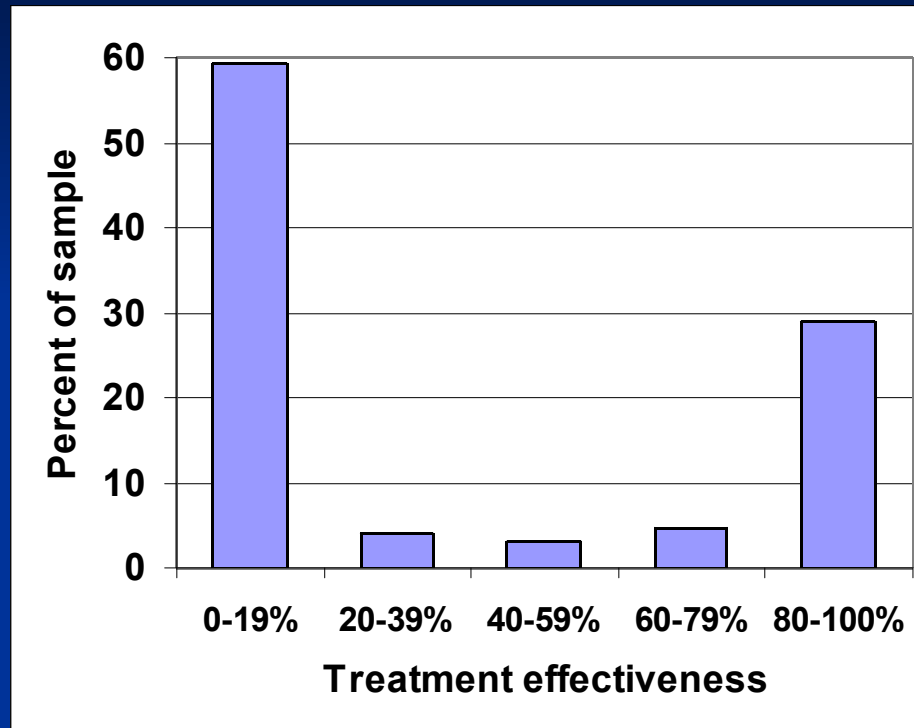


1 year or more after treatment, mean 53 months

136 patients

Mean effectiveness 54%

# Manipulation of coccyx



1 year or more after treatment, mean 24 months

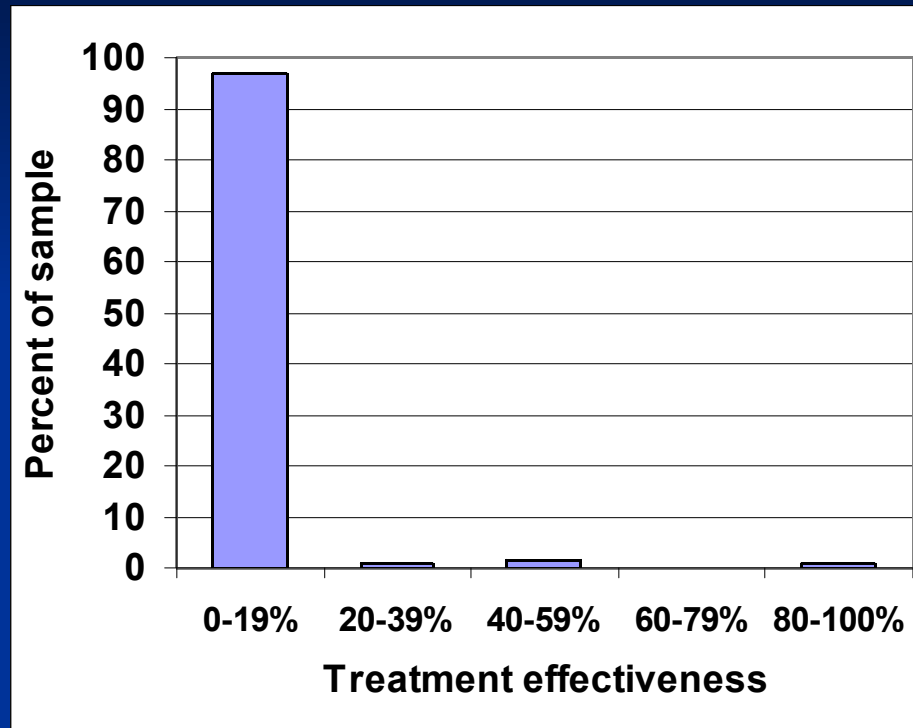
128 patients

Mean effectiveness 32%

**For coccygectomy and manipulation,  
this study provides no new insights**

**Success rates in this study are about  
half those found in clinical trials**

# Injection of corticosteroids



1 year or more after treatment, mean 24 months

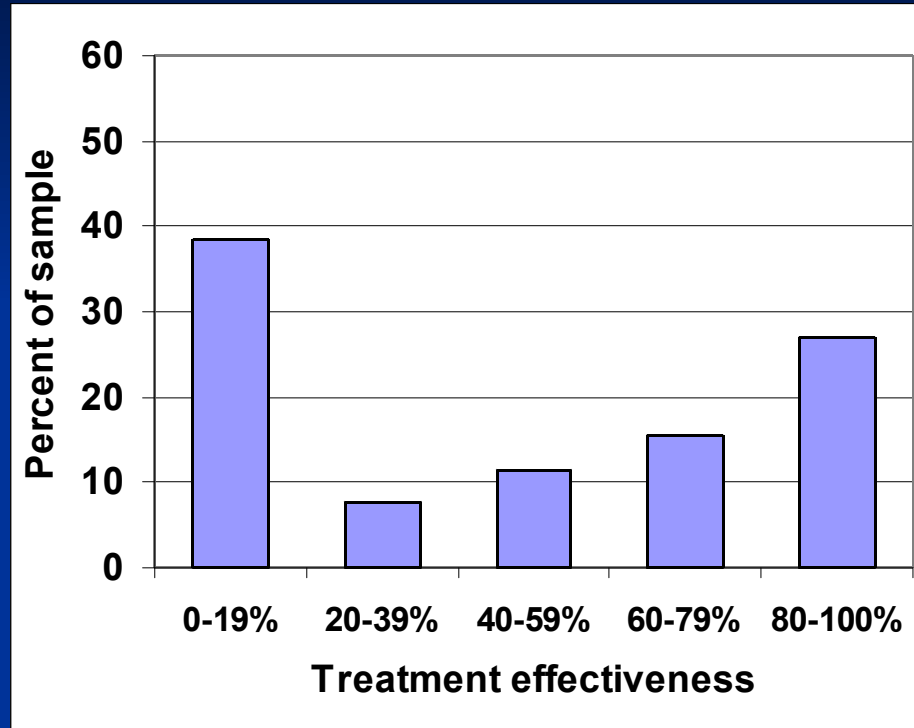
248 patients

Mean effectiveness 2%

# Literature on corticosteroids

- Coccydynia. Aetiology and treatment. Wray et al, 1991
- “A five-year prospective trial... cured about 85%.”
- “A success was defined as an asymptomatic patient at the three-month review.”
- Coccygodynia: treatment. Ramsey et al, 2003
- “Five years of conservative treatment...successful in 78% of patients”
- “1 year follow-up...maximum of 3 injections”

# Exercises



1 year or more after treatment, mean 27 months

26 patients

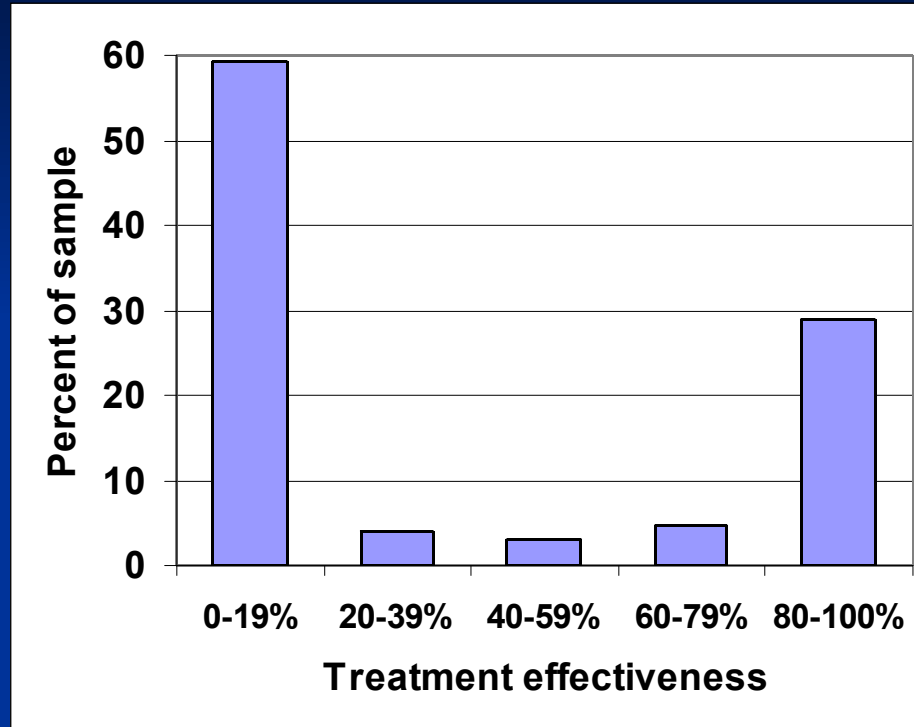
Mean effectiveness 46%

# Exercises to treat coccydynia

- From Dr Rajveer Singh (physiotherapist, India):
- Exercises play an important role in recovery from coccydynia
- In simple cases, specific exercises are prescribed to strengthen muscles and ligaments around the coccyx, normally after internal manipulation
- The exercises are different depending on whether there is anterior or posterior subluxation
- In more complicated cases there is no general protocol



# Nerve block

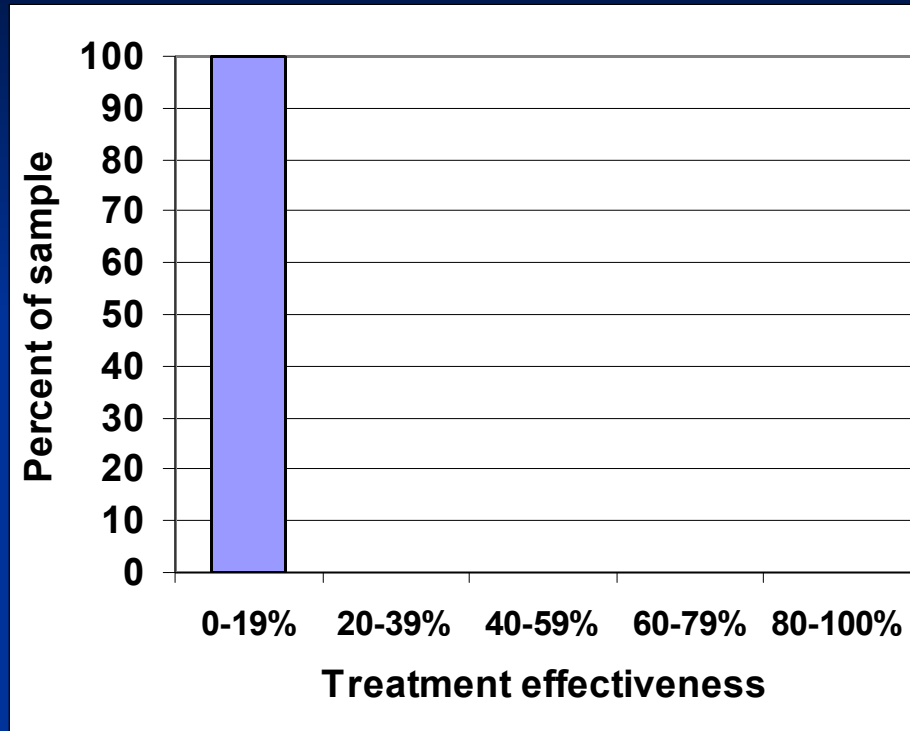


1 year or more after treatment, mean 31 months

128 patients

Mean effectiveness 32%

# Nerve block (2)



2 years or more after treatment, mean 46 months

14 patients

Mean effectiveness 0%

# Other treatments – reports at any time since treatment

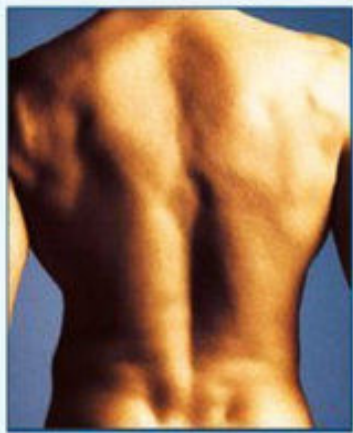
Treatment	No effect	Partial effect	effect	Cure	Total
Ganglion Impar injection	15	2	20	2	<b>39</b>
Prolotherapy	16	7	0	1	<b>24</b>
Psychological (Sarno)	4	5	0	8	<b>17</b>

WITH A NEW PREFACE FROM THE AUTHOR

THE *NEW YORK TIMES* BESTSELLER

# HEALING BACK PAIN

THE MIND-BODY CONNECTION



JOHN E. SARNO, MD

*AUTHOR OF MIND OVER BACK PAIN AND THE MINDBODY PRESCRIPTION*

WITHOUT DRUGS • WITHOUT SURGERY  
WITHOUT EXERCISE  
BACK PAIN CAN BE STOPPED FOREVER

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Revised,  
Expanded and  
Updated 6th  
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A new understanding  
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chronic pelvic pain  
syndromes

David Wise, Ph.D. Rodney Anderson, M.D.

*“This is the book to read before you contemplate surgery,  
drugs or resign yourself to continue to suffer with chronic  
pelvic pain. Return to health is possible.”*

Erik Peper, Ph.D.  
Professor and Director  
Institute for Holistic Healing Studies  
California State University, San Francisco  
Past President, Biofeedback Society of America

# Implications of the study

- Corticosteroids and nerve blocks do not provide long-term relief for the great majority of patients
- Manipulation and exercises appear to be the most effective conservative treatments

# Questions

- What criteria should be used to choose between treatments?
- What exercises are most effective for particular conditions?
- Should some patients be treated with psychological methods?
- How can doctors be made aware of effective treatments?

**Thanks for listening**