Tail bone pain: a case report

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TAIL BONE PAIN

A CASE REPORT
Case

- 27 year-old female
- 3 years ago, she fell from 15m high to water surface during her holiday
- diagnosed as coccyx fracture - had conservative treatment
- referral from a clinic in Beijing suggesting surgery
I cannot sit normally even for a minute

- oral medications, including NSAIDs, acetaminophen, opioid
- physiotherapy
- manual therapy, massage
- injection (cortisone, lidocaine)
- donut shape cushion
coccyx = tail bone
The patient's coccyx

Dislocation? Mal-union?

X-RAY

Date: 2014 July
Client: Referral
2014 AUG 29 MRI

no fracture, no inflammation, no effusion, no bony changes . . .
I am a retired physicist. I developed coccydynia in 1993 following an accident, and created this website to provide sufferers and medical specialists with accurate information about this condition.
Coccygectomy=removal of coccyx

Surgery to remove the coccyx is sometimes used when other treatments have failed. Before going for surgery, be sure of two things: that you are a good candidate for surgery (1)(2), and that your surgeon has plenty of experience and success with this operation (3).

(1) Abnormal movement of the coccyx (dynamic x-rays). This seems to be the most reliable indicator of success of the operation.

(2) A history of injury to the coccyx.
DYNAMIC X-RAYS
abnormal movement at 3/4
Coccygectomy = removal of coccyx

Before going for surgery, be sure of two things: that you are a good candidate for surgery (1) (2), and that your surgeon has plenty of experience and success with this operation (3).

Abnormal movement

A history of injury

plenty of experience . . .
DIFFERENT OPINIONS

- Coccygectomy to treat coccyx fracture is still controversial. Not necessary.
- No experience of coccygectomy.
- No experience of coccygectomy, but surgery is the only solution for her.

- 31 patients with coccydynia were treated by coccygectomy
- The excellent and good rates amounted to 87.1%
- Only 2 cases of superficial infection were observed postoperatively

e-mailed to Dr Cheng SW but no reply . . .
finally . . . one doctor agreed with me to do the surgery

It's really many years since I did it but it isn't that difficult. . .
2014 NOV SURGERY
3/4 COCCYGECTOMY
COCCYGECTOMY
PRE-OP POST-OP X-RAYS
REMOVED COCCYX

COCCYX 4 AND 5
OPE TIPS

1. jack-knife position
2. sticky tape
3. adhesive skin derma-bond
4. bowel preparation
POST-OP

no infection,
pain is much improved. . .

(2014 dec)