

Tail bone pain: a case report

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TAIL BONE PAIN

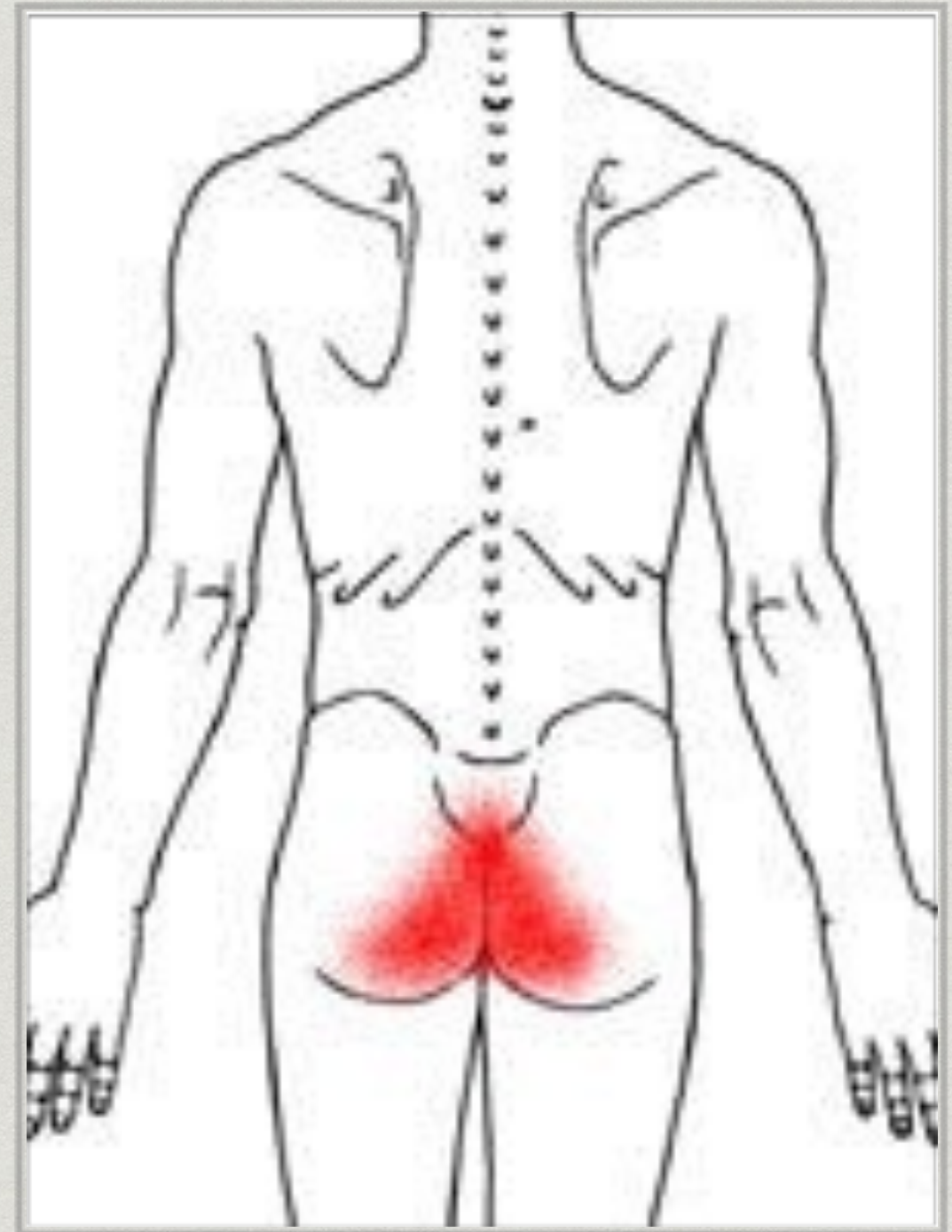
A CASE REPORT

Case

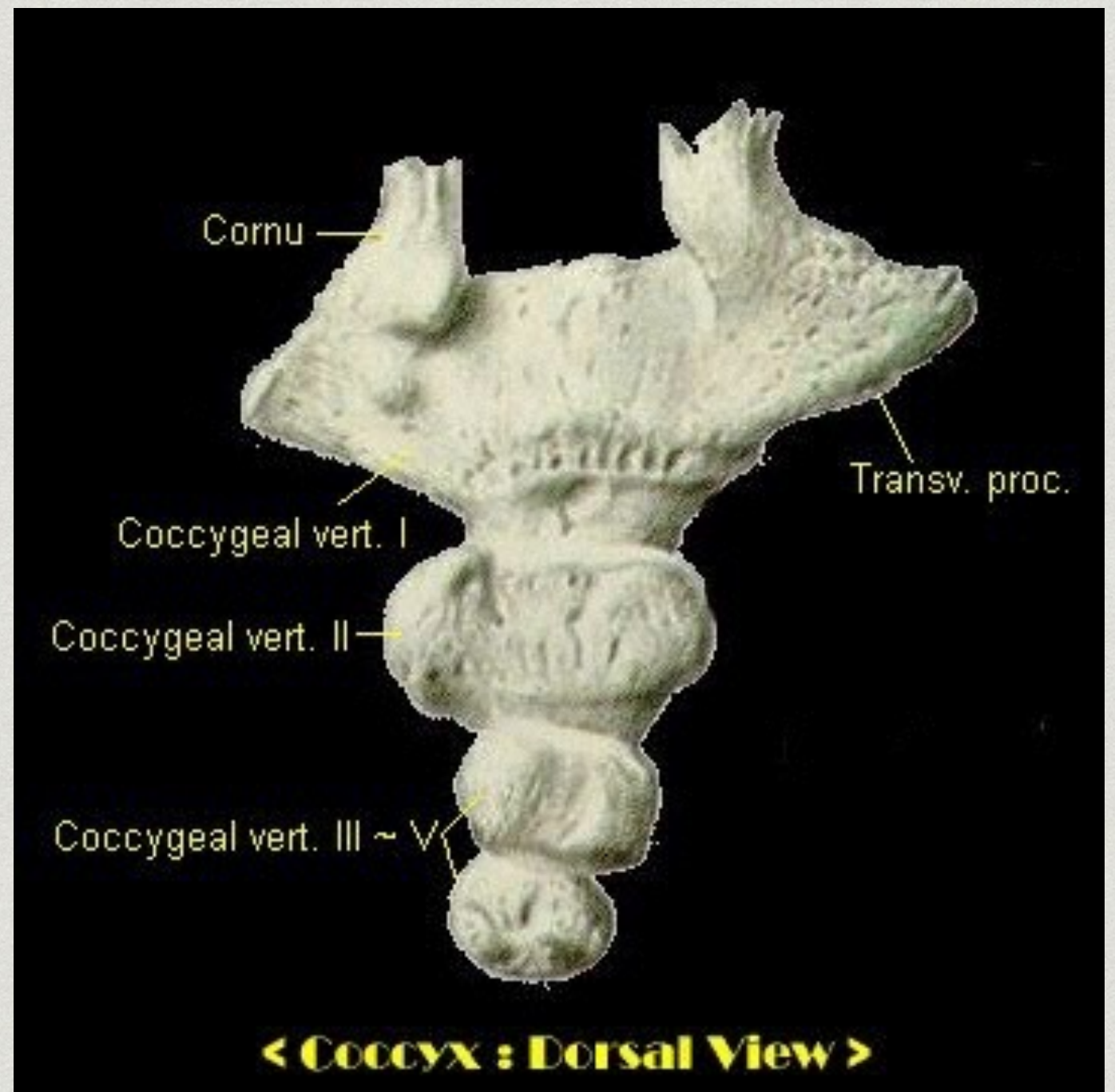
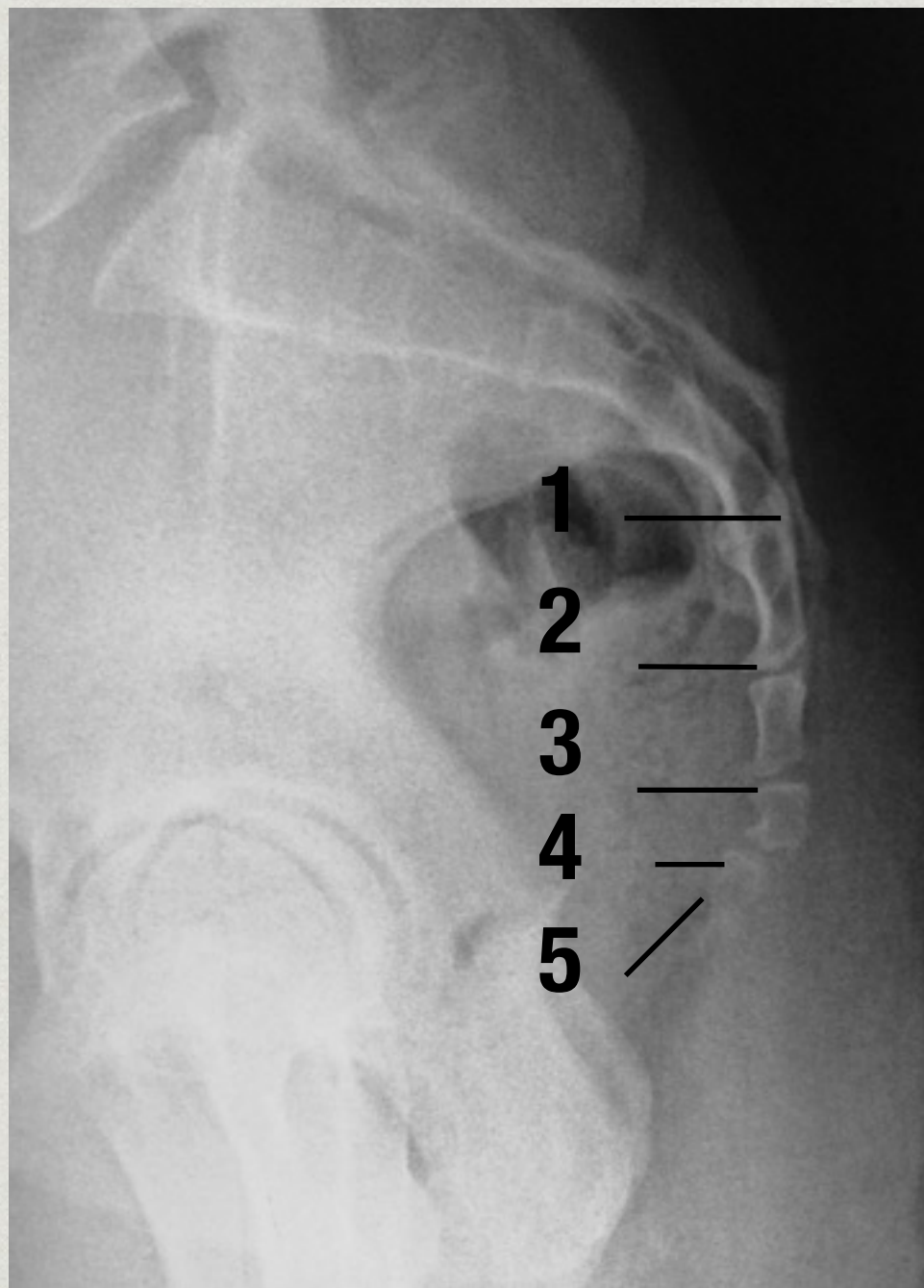
- * 27 year-old female
- * 3 years ago, she fell from 15m high to water surface during her holiday
- * diagnosed as coccyx fracture - had conservative treatment
- * referral from a clinic in Beijing suggesting surgery

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





X-RAY

THE PATIENT'S COCCYX

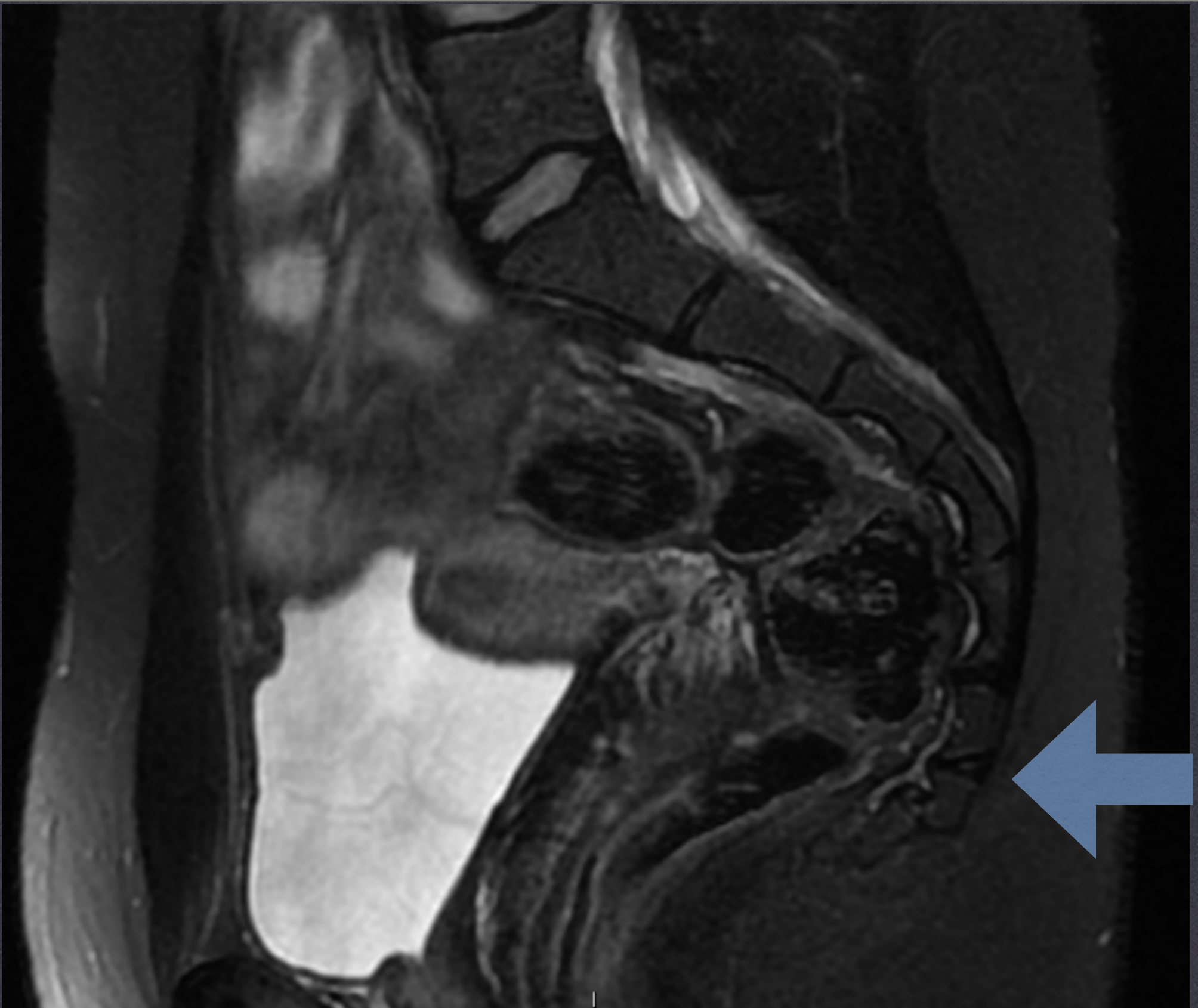
dislocation? mal-union?

DATE

2014 JULY

CLIENT

REFERRAL



2014 AUG 29 MRI

no fracture, no inflammation, no effusion, no bony changes . . .

Coccyx pain

tailbone pain - coccydynia - coccygodynia

Coccyx pain or [tailbone pain](#) is often caused by falling backwards or by childbirth, though the cause of pain is unknown in about a third of cases. It makes it very painful to sit down. There are effective treatments available, and the great majority of sufferers can be cured. You're not alone, and you're not going mad!

This site is intended to provide information about coccyx pain, but you will have to go to a doctor (usually an orthopedic specialist) for advice on and treatment of your particular problems.

Use the links on the right to understand the causes of coccyx pain, the diagnosis and treatment. Most coccyx pain is caused by the coccyx dislocating when you sit. In such cases, manual treatments, if applied by an expert, may relieve the pain. Injections of cortisone help some people. If other treatments fail, removal of the coccyx may be effective in suitable cases. This is best carried out by a surgeon who has a record of experience and success with this operation.

You can read [my own story of tailbone pain here](#). I am not a doctor - I am a retired physicist. My name is Jon Miles and I live in Oxfordshire, England. I developed coccydynia in 1993 following an accident, and created this website to provide sufferers and medical specialists with accurate information about this condition.

Updated pages:

2015-02-01 - [Personal experiences](#) ++ [Comments from specialists](#) ++ [Medical papers](#) ++ [Specialists in the USA \(Florida\)](#)

2015-01-25 - [Esperienze personali](#) ++ [Travel for coccyx pain sufferers](#) ++ [Specialists in Switzerland](#) ++ [Specialists in Denmark](#) ++ [Specialists in the UK \(Buckinghamshire and Northamptonshire\)](#)

2014-12-14 - [Specialists in Saudi Arabia](#)

2014-12-07 - [Specialists in Argentina](#) ++ [Specialists in Kuwait](#) ++ [Specialists in South Korea](#) ++ [Specialists in Turkey](#) ++ [Specialists in France](#)

2014-11-23 - [Expériences personnelles](#)

2014-11-09 - [Tailbone Injury Hall of Fame](#)

www.coccyx.org

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

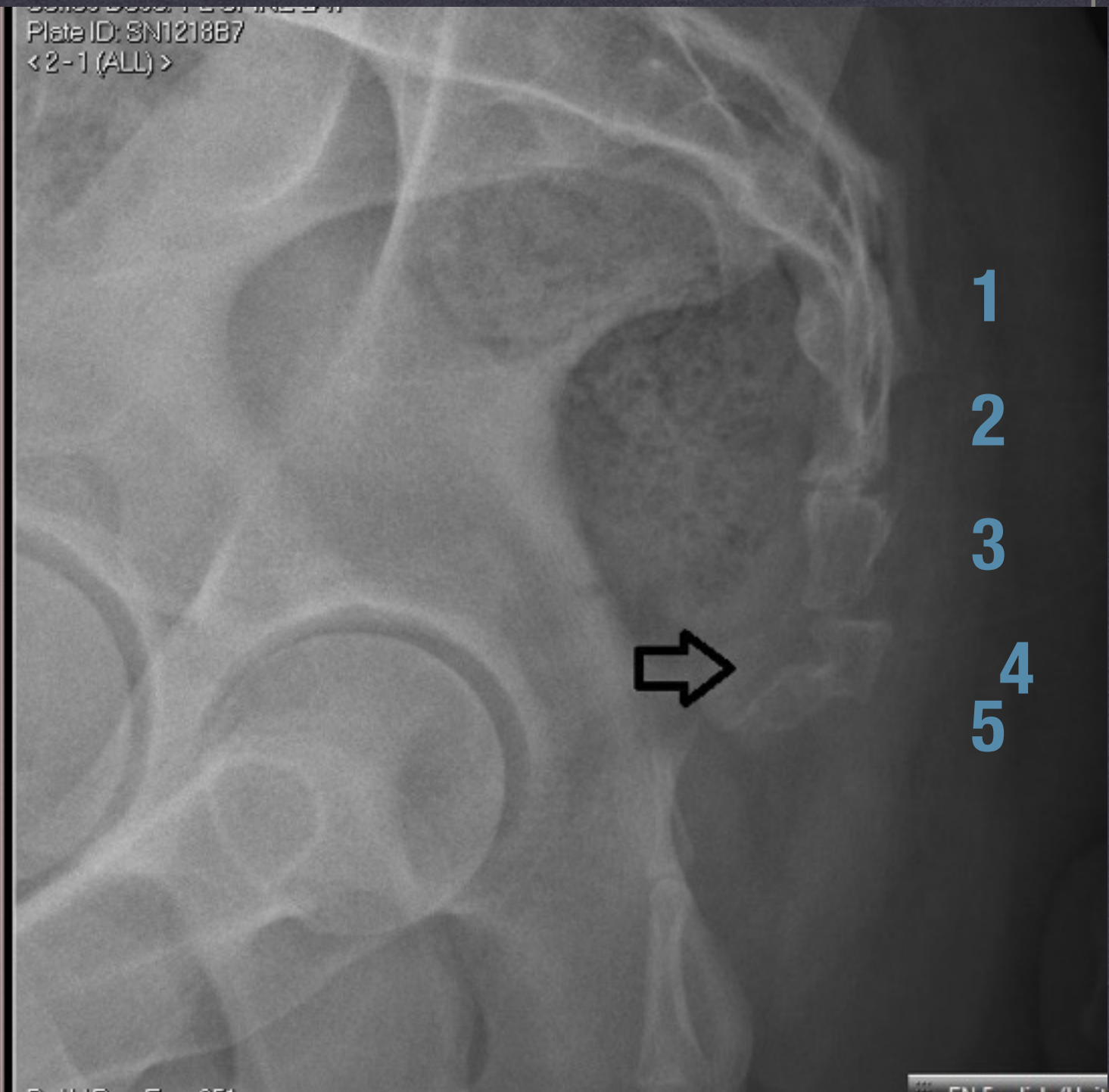
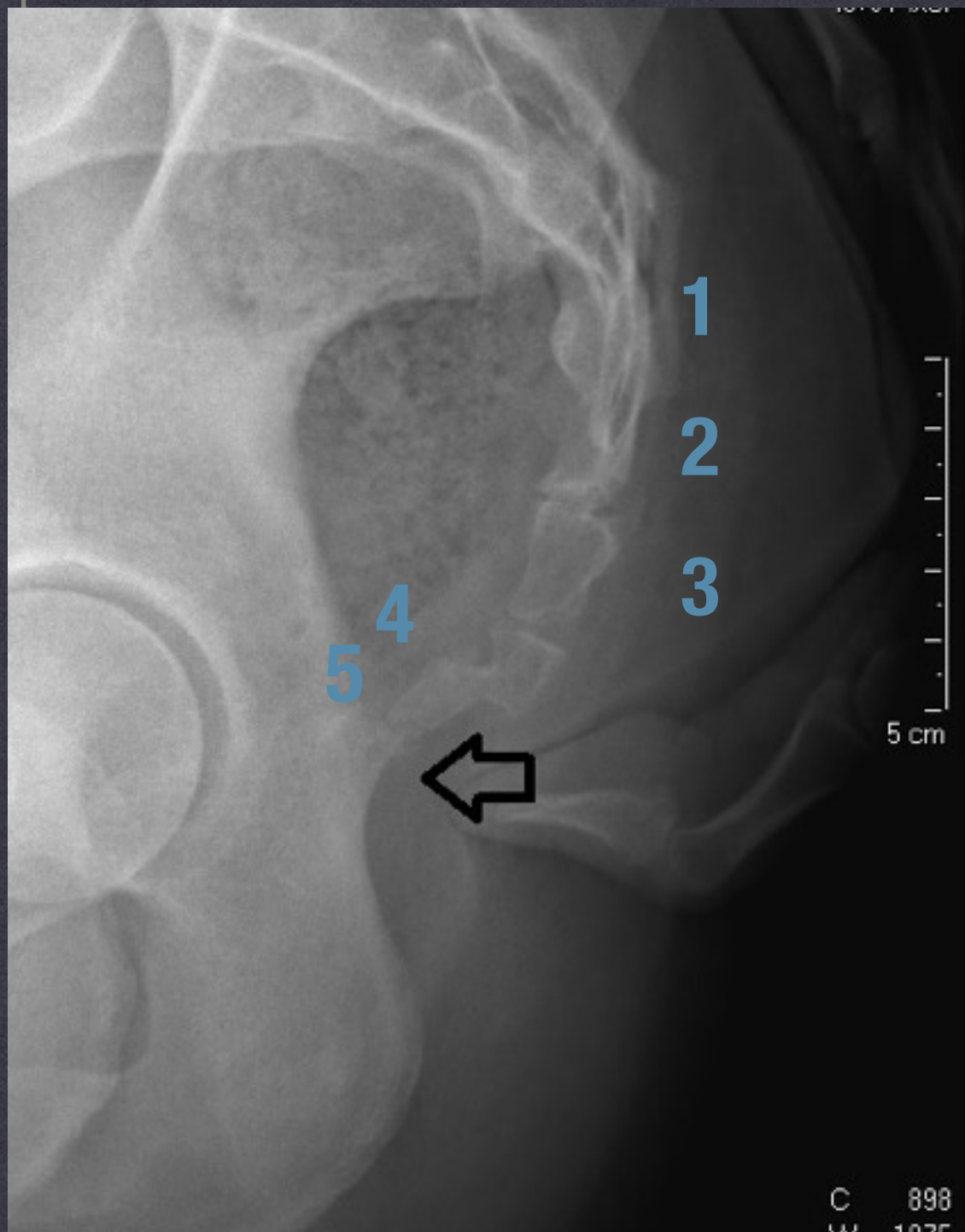
Surgery to remove the coccyx is sometimes used when other treatments have failed. Before going for surgery, be sure of two things: that you are a good candidate for surgery (1)(2), and that your surgeon has plenty of experience and success with this operation (3).

(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.



Yes



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),

Abnormal movement

A history of injury

and that your surgeon has plenty of experience and success with this operation (3).

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

PAPER SEARCH

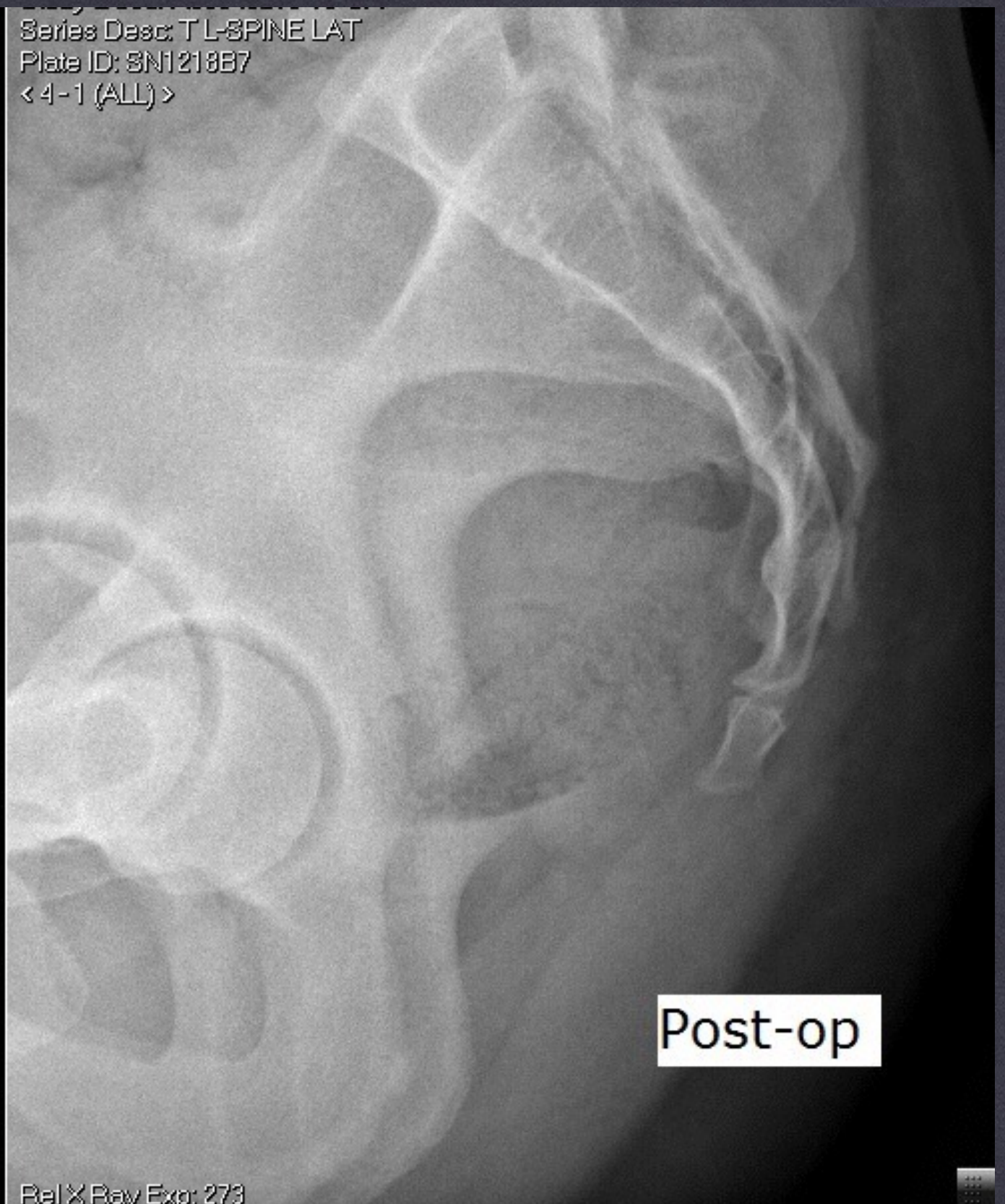
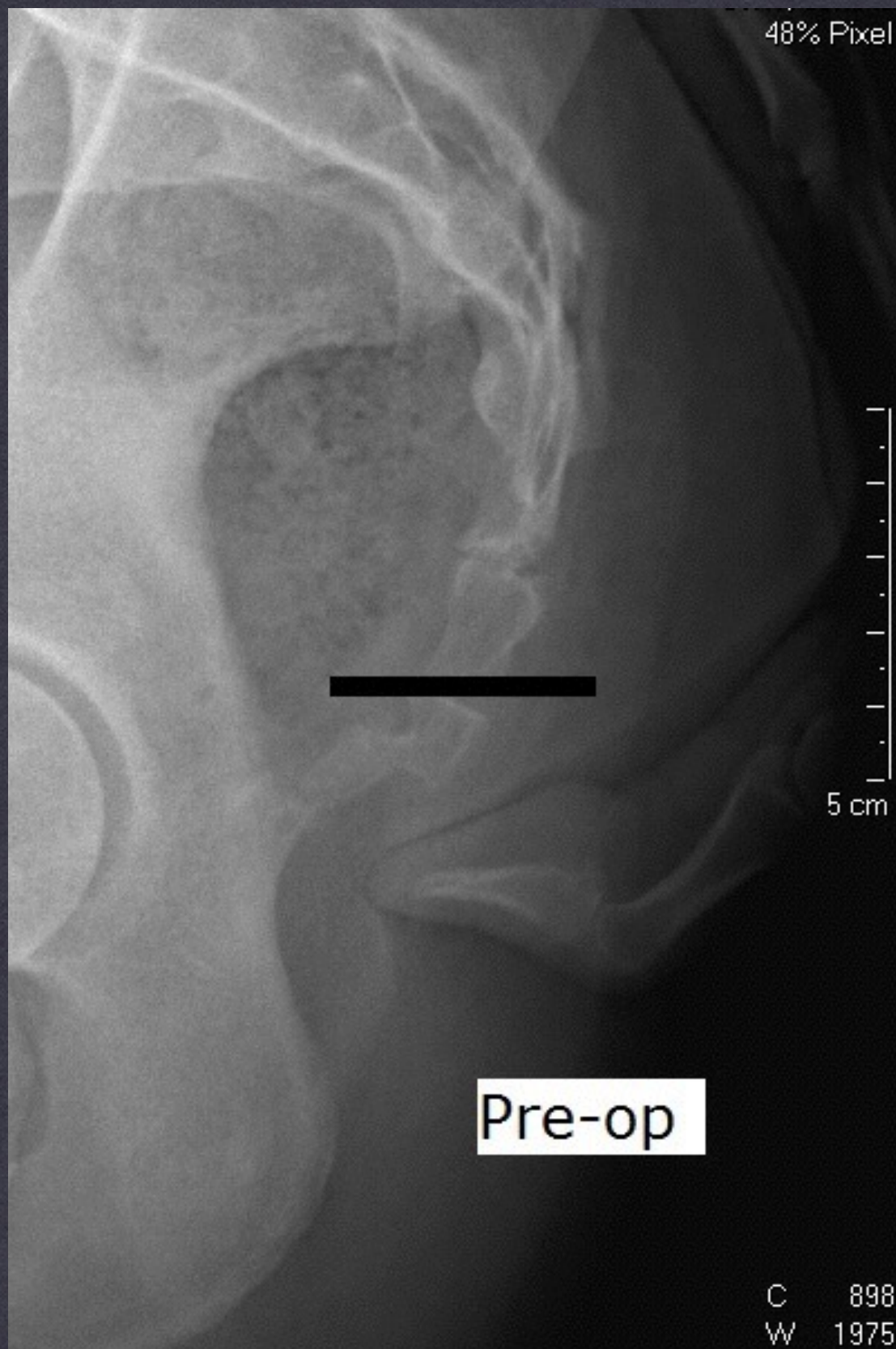
Cheng SW, Chen QY, Lin ZQ, Wang W, Zhang W, Kou DQ, Shen Y, Ying XZ, Cheng XJ, L CZ and Peng L.
Department of Orthopedics, Second Affiliated Hospital of Wenzhou Medical College, Wenzhou, China.

- 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 . . .

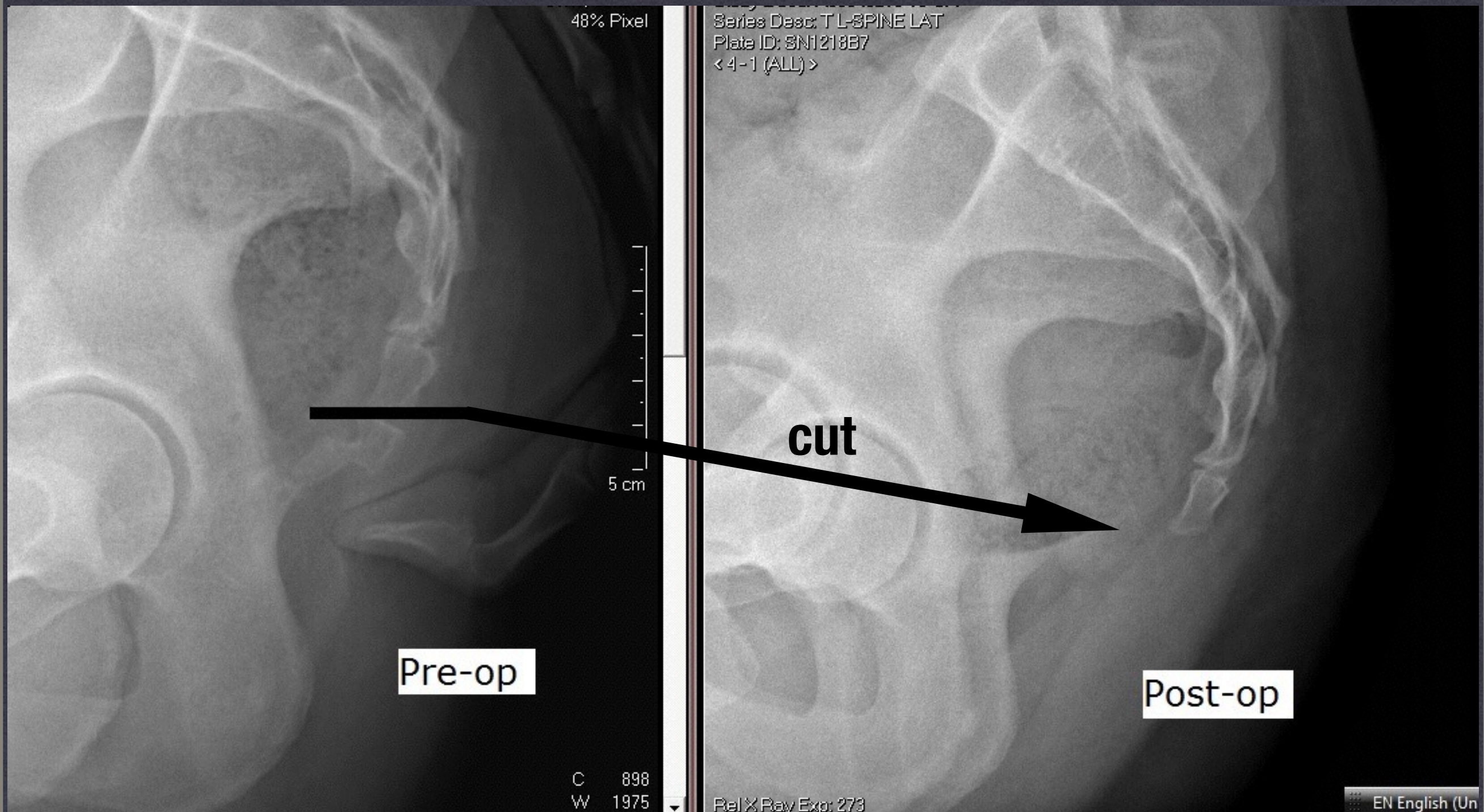
finally . . . one doctor agreed with me to do the surgery

It's really many years since I did it but it isn't that difficult. . .



2014 NOV SURGERY

3/4 COCCYGECTOMY

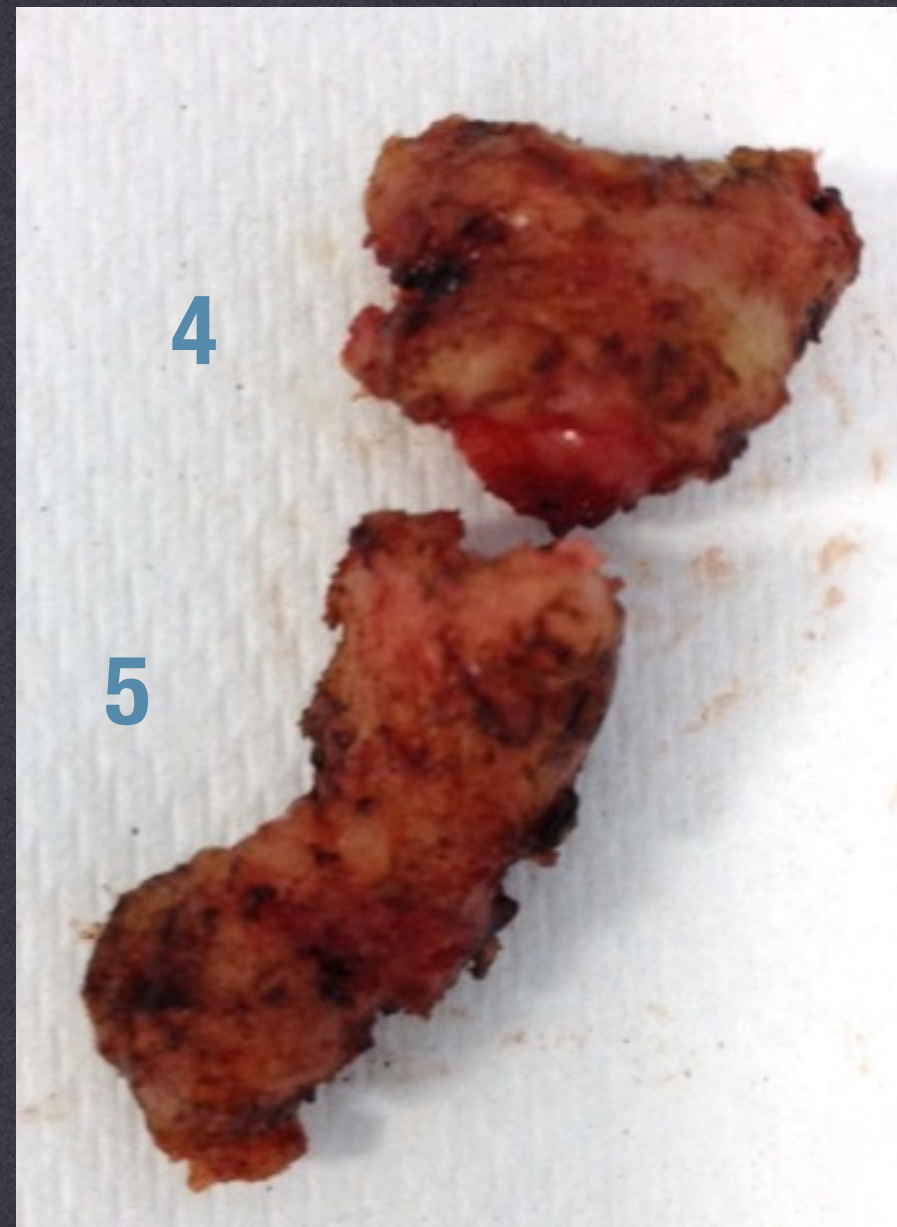


COCCYGECTOMY

PRE-OP POST-OP X-RAYS

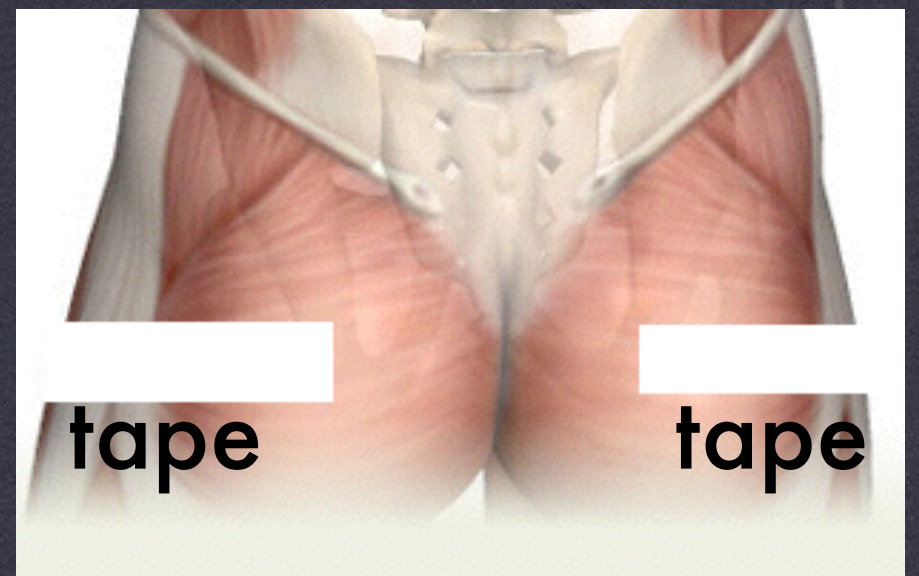
REMOVED COCCYX

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)

