### CONCLUSIONS

Manual therapists can use a simple, efficient, external treatment to correct coccyx malalignment. This treatment is very patient friendly. Effective treatment is still possible after many years of chronic coccydynia. Further research on this and other techniques is needed to find the most effective patient friendly way to alleviate symptoms of this 'pain in the tailbone'.

### DISCUSSION AND CONCLUSION

Chronic coccydynia can greatly impact a patient's daily life as we can see from this case study. Despite the long-term nature of this patient's coccyx pain, this manual external treatment was in relieving her symptoms. Manual therapists can use a simple, efficient, external technique to correct coccyx mal-alignment in patients with coccydynia. Effective treatment is still possible after many years of chronic coccydynia. Further research on this and other techniques is needed in order to find the most effective patient friendly way to alleviate symptoms of this 'pain in the tailbone'.

### BIOGRAPHY OF MEINE VELDMAN

Meine Veldman (1953) is a Dutch Orthopaedic Manual Therapist. She started her career by treating sport professionals. For the past fifteen years she has owned two private practices in a multicultural part of Utrecht and in Bilthoven, both in the Netherlands. Her special interest in treatment of the coccyx bone developed after a coincidental successful treatment of coccydynia in a tennis player. Effective treatment is still possible after many years of chronic coccydynia. Meine took courses in visceral manipulation and became a specialist in treatment of coccydynia. On average Meine treats 40 persons with coccyx pain every month.

### BIOGRAPHY OF CECILE RÖST

Cecile Röst (1961) is also a Dutch Orthopaedic Manual Therapist. She is the author of “Relieving Pelvic Pain during and after Pregnancy” and published extensive epidemiologic studies on pelvic pain in Spine (2004) and Acta Obst. Gynaecol. Scand. (2006). Cecile teaches her theories and treatment techniques to colleagues in the Netherlands, Belgium and Canada. Because of the great impact coccydynia can have on daily life and the simple treatment that can successfully improve symptoms and quality of life, Cecile and Meine are cooperating in further research about this topic.

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