 BLOG :1 / PAIN / DR.S.NANDHINI / ALPHA ORTHO CLINIC

“COCCYDYNIA : Pain that literally doesn’t allow you to sit”

Pain is unfathomably one of the worst experiences that an human being goes through physically , psychologically and emotionally. It has been defined by the International association for the study of pain (IASP) AS AN UNPLEASENT SENSORY AND EMOTIONAL EXPERIENCE ASSOCIATED WITH ACTUAL OR POTENTIAL tissue damage.

When I sat down to write this blog went ahead and browsed through the net about the available content on pain and found that it was already crowded with enough information on the theoretical part of it .

Our blog on pain is planned around providing information to readers on case basis .This month it will be about “COCCYDYNIA : Pain that literally doesn’t allow you to sit ”

WHAT IS COCCYDYNIA ?

It is a troublesome persistent pain present in between your buttock at the site of your tail bone , which increases on sitting and while passing motion . Commonest age to be affected is 25yrs to 50yrs.

WHAT IS COCCYX OR TAILBONE?

The coccyx is a rudimentary bone, it is made of 3 to 5 rudimentary fused vertebrae , which in primates develops as a tail , while in humans it is attached to the sacrum .

It’s main function is to give attachment to the An coccygeal ligament and Ileococcygeal ligament supporting the perineum.

WHAT ARE THE CAUSES FOR CACCYDYNIA?

1. Congenital abnormality
2. Infection
3. Trauma (fracture Coccyx and dislocation)
4. Tumors
5. Degenerative changes of Sacrococcygeal joint
6. Rectal abscess
7. Anal fistula
8. Tumors of cauda equine

WHAT ARE THE SYMPTOMS AND SIGNS?

1. Pain in the back worsened on sitting and defecation and relieved on standing and walking
2. Pain increased on bending forward.
3. Presence of tenderness over the Coccyx on palpation.
4. Local raise in temperature (occasional)

HOW DO YOU GET RELIEVED OF COCCYDYNIA ?

It is multimodal in approach

1. Doughnut pillow for sitting
2. Antiinflammatory / Analgesics
3. Local application of anti-inflammatory
4. Procedures vary according to the cause

(1)Fracture to the Coccyx : Injecting Local anesthetic with steroid .

(2)For other reasons which involve coccydynia with perineal pain injecting Ganglion of Impar with Local anaesthetic and steroid.

There are also other modalities like Cryoanalgesia and radiofrequency abalation.