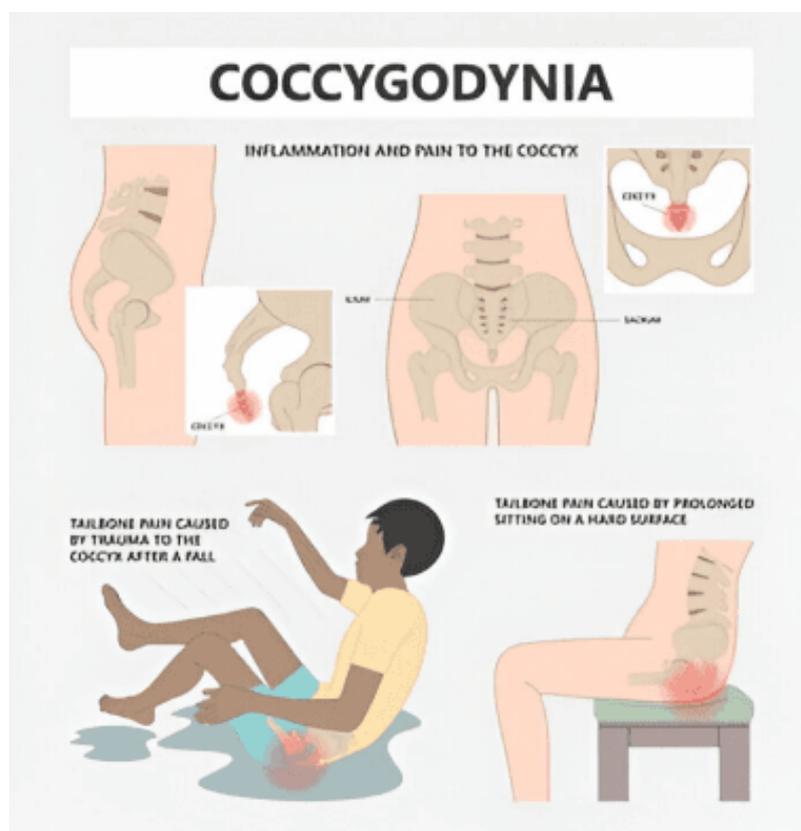


Tailbone (Coccyx) Pain



What is tailbone pain?

Tailbone pain, also known as **coccydynia**, is pain felt at the very bottom of the spine where the coccyx (tailbone) is located. It is often worse when sitting or when moving from sitting to standing.

Common causes

Tailbone pain can develop for several reasons, including:

- Prolonged sitting, especially on hard surfaces

- A fall or direct injury to the tailbone
- Repeated strain or poor sitting posture
- Childbirth
- Sudden weight loss (reduced cushioning around the coccyx)
- Degenerative or age-related changes

Sometimes no clear cause is found.

Common symptoms

- Pain at the base of the spine, between the buttocks
- Pain when sitting or rising from sitting
- Discomfort when leaning back while seated
- Tenderness over the tailbone area
- Pain during bowel movements or sexual activity (less common)

How is tailbone pain diagnosed?

Diagnosis is usually based on your symptoms and a physical examination. Scans or X-rays are rarely required unless pain follows significant injury or does not improve.

What helps tailbone pain?

Most people improve with simple, conservative measures.

Sitting advice

- Avoid sitting for long periods
- Lean slightly forward when sitting
- Use a coccyx cushion or donut-shaped cushion

Activity modification

- Change positions regularly
- Avoid activities that increase pain
- Gradually return to normal activities as pain allows

Pain relief

- Paracetamol may help reduce pain
- Anti-inflammatory medication may be helpful if suitable

Heat or ice

- Ice may help if pain followed an injury
- Heat can relax muscles and reduce discomfort
- Use for 10–15 minutes at a time

Physiotherapy

- Advice on posture and movement
- Gentle exercises to improve mobility and strength
- Manual therapy may be considered in some cases

Injections or surgery

- Rarely needed
- Considered only if pain is severe and long-lasting

Exercises

Gentle stretching and strengthening exercises may help recovery. A physiotherapist can advise on suitable exercises for you.

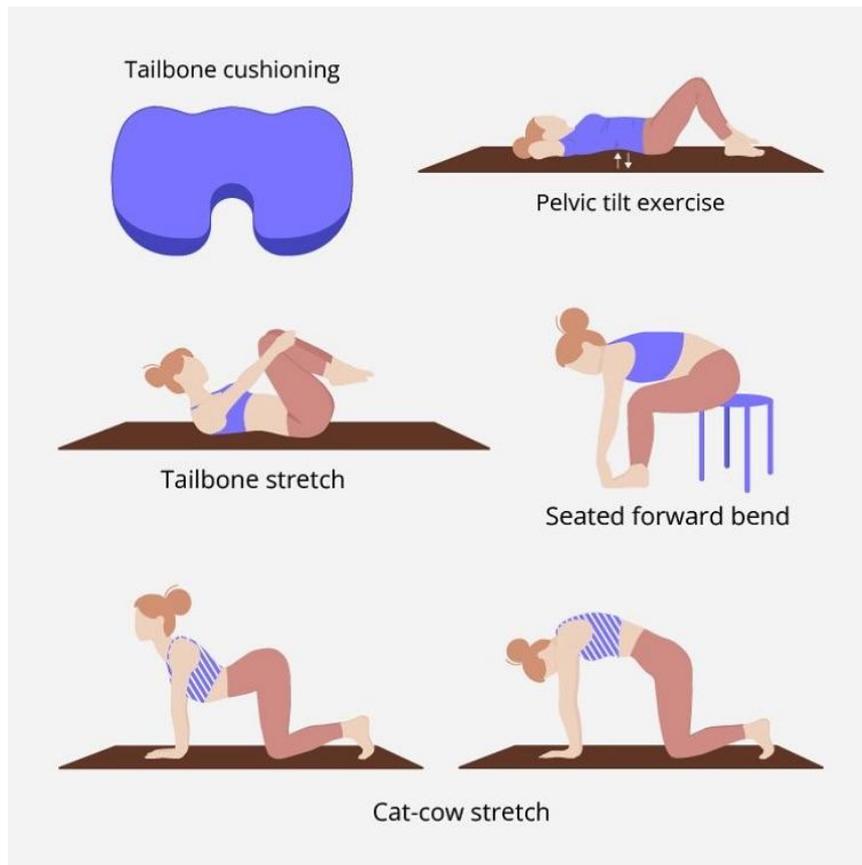
What can I do to aid recovery?

- Stay active within comfort
- Use correct sitting posture
- Maintain a healthy weight
- Follow advice from your healthcare professional

When should I seek medical advice?

Contact your GP or healthcare professional if:

- Pain is worsening or not improving after several weeks
- Pain follows a significant fall or injury
- You have numbness, weakness, or bowel or bladder changes
- Pain is severe or affecting daily activities



Outlook

Most cases of tailbone pain improve over weeks to months with simple treatment and self-management.
