

Coccyx Tailbone Injuries

Explanation of Diagnosis

A **coccyx injury** occurs when the **tailbone (coccyx)** is **bruised, dislocated, or fractured** due to **falls, prolonged sitting on hard surfaces, childbirth, or repetitive strain** (e.g., cycling or rowing). Symptoms include **localized pain at the base of the spine, discomfort when sitting or standing, and pain during bowel movements**. Healing can take **weeks to months**, depending on severity.

Specific Work Modifications

- **Use a coccyx cushion (donut or wedge-shaped) to relieve pressure while sitting.**
- **Take frequent standing breaks** to prevent prolonged pressure on the tailbone.
- **Adjust your chair** for better lumbar and pelvic support.
- **Avoid sitting on hard surfaces**; use padded seating when possible.
- **If pain is severe, request temporary standing desk accommodations.**

Specific Activity Modifications

- **Avoid high-impact activities** like running, cycling, rowing, or horseback riding.
- **Modify workouts** by switching to **low-impact exercises** like swimming or water aerobics.
- **Use proper posture when sitting and transitioning to standing.**
- **Gradually return to activity** once pain subsides, avoiding direct tailbone pressure.

Recommended Supplements

- **Collagen peptides (10 g daily)** - Supports bone and connective tissue healing.
- **Calcium (1000-1200 mg daily)** - Strengthens bones.
- **Vitamin D3 (1000-2000 IU daily)** - Enhances calcium absorption for bone repair.
- **Magnesium (300-400 mg daily)** - Aids in muscle relaxation and recovery.
- **Turmeric (500 mg twice daily)** - Reduces pain and inflammation.

Recommended Nutrition and Hydration

Diet Recommendations:

- **Bone-supporting foods:** Dairy, leafy greens, almonds, and fortified cereals.
- **Anti-inflammatory foods:** Fatty fish (salmon, sardines), turmeric, berries, walnuts, and olive oil.
- **Fiber-rich foods:** Whole grains, vegetables, and fruits to prevent constipation

(which can worsen coccyx pain).

- **Limit processed foods, sugar, and alcohol**, which can increase inflammation.

Hydration Tips:

- **Drink at least 2-3 liters of water daily** to maintain soft tissue and joint health.
- **Limit caffeine and alcohol**, which can dehydrate tissues and slow recovery.

Home Exercise Prescription

Perform **2-3 times daily** to reduce pain and improve mobility:

Phase 1: Pain Relief & Mobility (Days 1-2 Weeks)

1. Pelvic Tilts

- Lie on your back with knees bent, gently rock your pelvis forward and backward.
- **10 reps, 2 times daily.**

2. Seated Forward Bend Stretch

- Sit in a chair, lean forward slowly to stretch the lower back and coccyx.
- **Hold for 20-30 seconds, repeat 3 times.**

3. Cat-Cow Stretch

- On all fours, arch and round your back gently to relieve pressure.
- **10 reps, 2 times daily.**

Phase 2: Strength & Stability (After 2 Weeks, Once Pain Improves)

4. Glute Bridge

- Lie on your back, bend knees, and lift hips off the floor.
- **10 reps, 2 times daily.**

5. Knee-to-Chest Stretch

- Lie on your back, bring one knee toward your chest, switch legs.
- **Hold for 20-30 seconds per leg, repeat 3 times.**

6. Seated Core Activation

- Sit upright and tighten your lower abdominal muscles.
- **Hold for 5 seconds, repeat 10 reps.**

Avoid direct pressure on the tailbone (e.g., sit-ups, cycling, rowing) until pain resolves.

Helpful Books

1. *"Healing Your Tailbone Pain: The Practical Guide to Coccydynia Recovery"* - Patrick Foye, MD

2. *"The Body in Balance: Preventing Pain and Injury in Everyday Life"* - Nigel Howard

Click here for more orthopedic patient information.

Contact a Key West orthopedic clinic or reach out to Dr. Jason Pirozzolo.