

Useful website:
www.coccydynia.org



Coccygectomy

Physiotherapy Advice



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What have I had done?

A coccygectomy is the removal of part or all of your **coccyx** (tailbone) via a small incision approximately 1-2inches long.

Will I experience pain?

It is normal to experience pain and tenderness around the wound site for several weeks following your surgery from the wound itself, soft tissues and local swelling. It takes up to 6 weeks for soft tissues to heal so expect to feel varying levels of discomfort during this time.

What should I avoid?

Prolonged sitting

Don't flop down when going to sit down. Lower yourself down slowly and gently.

What can I do to help myself?

📺 Try sitting on two rolled up/folded towels (one under each buttock) or sit over the gap in the sofa cushions

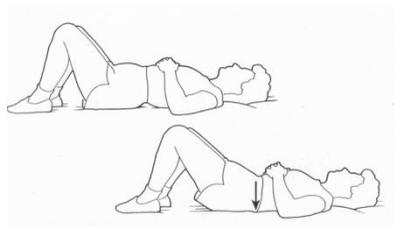
📺 It may be more comfortable to sleep on your side with a pillow between your knees to reduce the pressure on the coccyx.

Exercise

Lay on your back

Tighten your tummy muscles and press the small of your back into the bed so your hips tilt towards you

Hold for 5 seconds then release - 10 times.



Pelvic floor muscles

Part of your pelvic floor muscles attach to your coccyx.

The pelvic floor is important in supporting the pelvic contents (bladder, bowel etc.) and ensuring normal control of urination and defecation.

It is therefore advised that you do exercises to strengthen the pelvic floor following your surgery.

1. Lying or sitting – tighten and lift the muscles around your back passage as if trying not to break wind. At the same time, tighten and lift the muscles at the front as if trying to prevent urination. Tighten and release. Repeat 10 times. Do throughout the day as comfortable.
2. Tighten and lift the muscles as in previous exercise, this time hold for 5 seconds and release. Repeat 10 times. Do throughout the day as comfortable.

What should I eat?

To avoid straining when toileting, which may be sore following your surgery, try to increase the amount of fibre you are eating.

Foods high in fibre include whole meal bread and pasta, fresh and dried fruits and vegetables (particularly if skins are eaten).

Also drink plenty of water to keep yourself hydrated.

Helpful tip:

You may find it more comfortable to raise your feet up on a small stool or step (keeping your knees bent) while defecating as this reduces the amount of pressure on the coccyx.

Try not to strain as this will weaken the pelvic floor.