

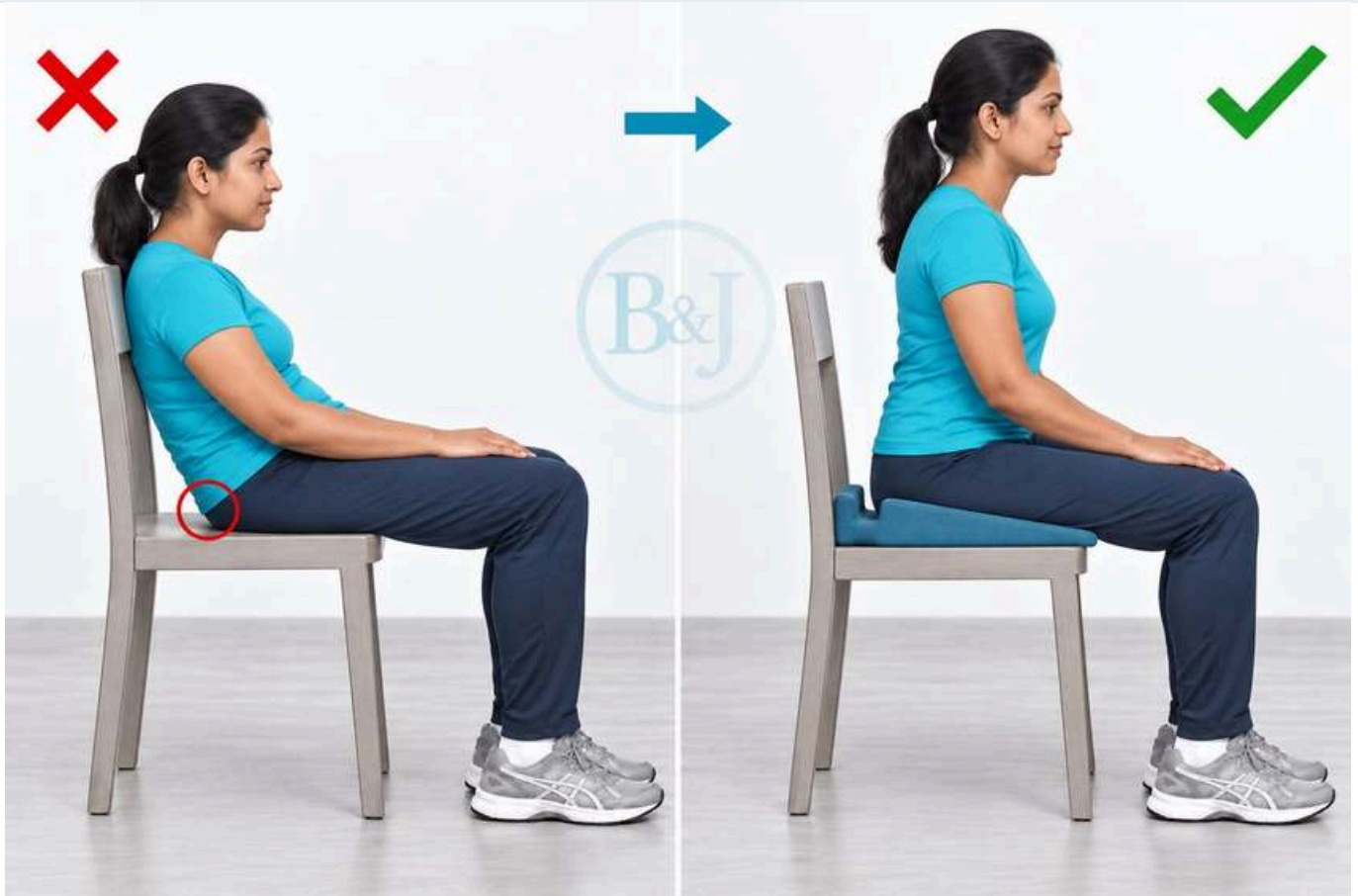
Tailbone pain exercises

Tailbone pain (coccydynia)



How to use this sheet. Do the exercises slowly. Stop before the pain builds — mild discomfort is fine, sharp pain is not. A little every day beats a lot once a week. **Sit on a wedge or ring cushion, and lean slightly forward when you sit. Avoid long sitting on hard seats. Sitting in a tub of warm water (a sitz bath) can ease the pain. Avoid constipation.**

1 Sitting for tailbone pain



Sit on a wedge cushion with a cut-out at the back, or on a ring cushion, so that the tailbone does not touch the seat. Lean slightly forward, with your weight on the thighs. Get up and move about often. To stand up, lean forward first and push up with your hands.

All day

Every day



✓ Should feel

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essure on the tailbone
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✗ Should not feel

Leaning back or slumping onto the tailbone
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Virar East 92702 84859 · 5.30–7.30 pm

Monday to Saturday · Closed on Sunday. Urgent injury such as a fracture or dislocation? Please call first.

2

Knee to chest



Lie on your back. Bring one knee up towards your chest, hold, then lower slowly.

Hold 15 seconds

5 each side

✓ Should feel

A stretch in the lower back and buttock

✗ Should not feel

Leg pain getting worse



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3

Cat and cow



On hands and knees, arch the back up, then let it sag down. Move slowly between the two.

10 times

2 times a day

✓ **Should feel**

The spine moving freely

✗ **Should not feel**

Sharp pain at either end



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Lie on your back with the knees bent, one hand on the chest and one on the belly. Breathe in slowly through the nose so that the belly hand rises, then breathe out slowly. The chest hand stays still.

5 minutes

Daily

✓ **Should feel**

Calm, slow breathing

✗ **Should not feel**

Dizziness — breathe more gently



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Walk daily, building distance slowly.

20–30 minutes

Most days

✓ **Should feel**
Easier walking

✗ **Should not feel**
Limping heavily — use a stick

Stop and telephone us if

- The pain is getting worse, not better, after two weeks
- You get new numbness, tingling or weakness
- The skin over the tailbone becomes red, hot or swollen
- You have a new hard fall or accident, or you cannot sit or walk because of the pain
- You feel unwell or feverish



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