



PELVIC HEALTH &
REHABILITATION CENTER

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Elizabeth Rummer, MSPT
Stephanie Prendergast, MPT
Elizabeth McBride, MSPT

Coccygodynia

Coccygodynia is defined as pain in or around the coccyx. Patients with coccyx pain often have increased pain during sitting, transitioning from sitting to standing, and sometimes during a bowel movement. The most common cause of coccygodynia is a fall on the tailbone. It is commonly thought that manipulation of the coccyx or sacro-coccygeal joint is the appropriate treatment, however, it may only be one component of a successful treatment plan. When the coccyx is injured, not only can it become stiff or immobile, but the muscles attaching to it can also become impaired. Several pelvic floor muscles attach to the coccyx including the pubococcygeus, the ilio-coccygeus, and the coccygeus. Injury to these muscles can cause them to become hypertonic or develop myofascial trigger points which can cause pain in and around the coccyx as well as refer pain to the rest of the pelvis. To successfully treat coccygodynia, both the coccyx and the surrounding muscles must be evaluated and treated. This can only be done by a pelvic floor physical therapy specialist with an internal exam. The therapists at the Pelvic Health and Rehabilitation Center successfully treat coccygodynia with manual techniques to regain normal mobility of the coccyx and the sacro-coccygeal joint, normalize muscle tone, and eliminate myofascial trigger points.

Save the Date for the International Pelvic Pain Society Scientific Meeting Oct 16-18 in Orlando, FL
www.pelvicpain.org

Endometriosis

Affecting an estimated 89 million women of reproductive age around the world, endometriosis occurs in one in every five women. Women with endometriosis often experience abdominal and/or suprapubic pain, dysmenorrhea, dyspareunia, and chronic pelvic pain. Although endometriosis-related pain is not fully understood, it is thought to be due to the actual endometrial lesions and/or nodules, scar formation, and adhesions. In addition, endometriosis can cause the muscles and tissue in the pelvic floor to become tight and painful. While surgical intervention is often necessary, physical therapy is the appropriate treatment for the tight muscle and tissue endometriosis can cause. Women with endometriosis-related pain can get pain relief with pelvic floor physical therapy which normalizes the tissue and muscles in and around the pelvis. In addition to surgical and pharmaceutical intervention, physical therapy should be part of a comprehensive treatment program for a woman with endometriosis.