



Telephone: (949) 297-3838  
[www.painspecialistsoc.com](http://www.painspecialistsoc.com)

# Coccydynia (Tailbone Pain)

Coccydynia is a painful condition characterized by pain over the tailbone area particularly increased with pressure over the area. Patients with coccydynia will report significant pain with sitting. It can be related to trauma, degeneration, childbirth, and prolonged sitting with pressure on the tailbone. At times however the pain can appear with no identifiable cause.

## Pain Treatment for Coccydynia

Your Coccydynia pain treatment physician will perform a detailed history and physical to determine if your pain is related to coccydynia. More advanced imaging may be ordered if necessary. Treatment may include specific designed cushions to reduce tailbone pressure, physical therapy, different types of medications, and interventional procedures. In very rare refractory cases surgical options can be considered to remove the coccyx.

Our highly trained pain treatment doctors in Orange County care about improving your pain and quality of life. For more information on how the pain treatment doctors of Pain Specialists of Orange County can help treat your Coccydynia, please contact us at 949-297-3838.