

Coccyx Pain Pathway

Referral from GP or AHP
(if conservative measures fail)

Common causes of coccydynia include:

- Childbirth, an injury or accident, such as a fall, repeated or prolonged strain on the coccyx, poor posture, being overweight or underweight

Rarer Causes

- Bony growth resulting in loss of flexibility or rigidity
- Cancer or infection

Consider MRI or X-ray +/- Bloods

- Red flags
- Concerning features- signs of infection or skin surface changes
- Failed treatment

RED FLAGS

Primary Management

(symptoms < 8 weeks or not trialled)

- self-care measures
- avoiding prolonged sitting
- coccyx cushion
- applying hot or cold packs to your lower back
- wearing loose clothes
- Weight loss/lifestyle advice
- NSAIDs

Secondary Management

Only consider if primary management fails and persistent symptoms

- **physiotherapy**, exercises and stretching
- Corticosteroid injection

Referral to the Bone and Sarcoma MDT

- 2WW
- Routine MDT referral

Repeat Injection

Only Consider if:
Proven significant benefit
Months
Pain VAS
Functional Improvement

Consider referral on if symptoms fail to respond:

- Nerve block
- Consideration of surgery

Consider referral to:

- Continence Team
- Slimming world

GP to consider:

- Gynae referral
- PPS referral