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Title

Incidence and outcome of coccygodynia in the chiropractic clinic

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Abstract**Rationale**

Coccygodynia (CGD) is a painful and sometimes debilitating condition of the coccyx. Treatment options are varied and there is little evidence for the effectiveness of conservative treatments.

Aims and Objectives

This pilot study seeks chiropractors' views on the extent to which they encounter patients with CGD, and whether they considered the treatment they gave to such patients was effective.

Design of study

Cross-sectional survey.

Subjects

100 chiropractors selected randomly from a national chiropractic association database.

Methods

A questionnaire was distributed to the chiropractors.

Results

52 questionnaires were returned. 72% of practitioners were female and 28% were male. 82% were familiar with the term coccygodynia and 98% indicated they had performed a coccyx adjustment. 77% of practitioners had performed coccyx adjustments externally, while 21% (all female) had performed both external and internal coccyx adjustments. 73% had seen patients presenting CGD as a primary

complaint and 44% as a secondary complaint. 85% of chiropractors said improvement was found after 2 to 4 coccyx adjustments.

Conclusions

Most chiropractors have encountered CGD and are of the opinion that their treatment is effective.