Sacrum And Coccyx Injuries

You have an injury or pain around the tailbone (coccyx and sacrum). This type of injury is usually the result of a fall on the buttocks. **Falls can result in deep bruising, fractures, or even a dislocation of the tailbone**. Sometimes pain in the tailbone area develops gradually and does not result from a fall. Whatever the cause, injuries to this area usually heal without further problems within a few weeks.

Following an injury to the tailbone you should get plenty of rest for the next 2-3 days and apply ice packs frequently to the tender area. Sitting up usually increases your pain, so you should lie on your side or in any other comfortable position until you are better. Drink plenty of liquids and eat a diet with lots of fruit and fiber to avoid constipation. Please see your doctor for follow-up care as advised. **You should be seen right away if you have severe pain, blood in your urine or stool, or a fever.**

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