

Objectives

Upon completion of this continuing education seminar, participants will be able to:

1. Identify the structures of the coccyx and pelvic floor
2. Describe the relevant neurology
3. Appreciate the integrative, inextricably linked structures relevant to coccydynia, including the coccyx, sacroiliac, and lumbar spine.
4. Explain the basic function of the coccyx and proximal joints during sitting, standing, and walking, including mobility.
5. Understand the diagnostic process using imaging, injection, and manual evaluation.
6. Review the literature regarding coccyx pain and medical testing, medical treatments, a brief overview of medication, and surgical techniques.
7. Understand mobility impairment, including positional and mobility dysfunction and pain.
8. Become skilled at manual evaluation and treatment
9. Learn basic treatment options to relieve the patient of coccyx pain
10. Be informed regarding referral to other practitioners