Tailbone pain self-care checklist

Use these steps from the article to ease tailbone pain at home and to know when to get medical help.

- [ ] Sit on a coccyx cushion, wedge cushion or gel donut.
- [ ] Sit upright with the lower back supported and avoid hard surfaces.
- [ ] Shift weight from one buttock to the other while seated.
- [ ] Stand and walk often instead of sitting for a long time.
- [ ] Apply a wrapped ice pack for 20 to 30 minutes, or use a heat pack.
- [ ] Lie on one side to reduce pressure on the coccyx.
- [ ] Ask a pharmacist about pain relief and a stool softener.
- [ ] Ask a chiropractor about coccydynia experience before booking.
- [ ] Agree to internal manipulation only after a clear explanation and consent.
- [ ] See a doctor when pain has not improved after a few weeks or a warning sign appears.

Notes

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/chiropractic/chiropractor-for-tailbone-pain/