The term coccyx derives from the Greek word Kokkyx, by its great resemblance between the beak of the cuckoo bird and the Bone (1)
. The pain caused in the coccyx called Coccigodinia, was first described by Simpson in 1952. Subsequently, Delamonica in 1966, described Coccigodinia as pain at the level of coccyx and structures that are located 5 cm from this bone.
The causes of this symptom are very varied, finding among these traumatisms, a chronic inflammatory process, tumors, among others (1.2)
As the Coccigodinia is a typical symptom in the

female population, which usually occurs between the third and fourth decade of Life (1)
, makes this clinical picture an important topic of consultation, since women by nature have the sacrum shorter, wider and less marked than in the male sex. The Isquiáticas tuberosities are more separate and the coccyx is more mobile. All this makes the female coccyx more vulnerable to trauma than the male (1)
This condition has resulted in numerous work because it has long been a mystery in terms of causes, but thanks to the dynamic Rx (described in 1992) I can better understand the

possible causes of this condition, the particular symptoms, and address Rational Treatment (2)
In serious disorders, medical clinical treatment is important to get to solve this ailment without having to resort to surgery that is the last resort, the same as possible should be avoided. However, not all the pains that are referred to this region are produced by the traumas of coccyx, but there are many causes such as: infections of the Perianal region, tumors, hernias, dysplasias, etc. A component of type psychogenic may also be present in many cases (3). to know about coccigodyine and its possible causes for

such power Preventing and treating them properly.
Determinar which is the most affected group of the ethnic group in this pathology.
identify the different conducts and parameters set to arrive The mechanisms used in patients'consultations with this
Dolencia.
recognize the diagnostic methods used in this ailment for May you cross in time, considering many of the Complications of some pathologies are due to delay in their
Treatment.
identify the various methods and forms for treatment From coccigodyine, and to

bear in mind that many of them are measures Conservatives and other interventionists.

Coxis pain

Coccigodinia is a stabbing or mild but persistent pain in the area of the coccyx and around it. May vary from slight discomfort to acute pain; Each person feels it differently and even for the same person the pain changes over time. The name describes a pattern of symptoms (sitting provokes or aggravates the pain), so that it is actually a group of conditions, which may have different causes and need different treatments (2) . The pain can radiate towards the inferior region of the sacrum and to the

area of the perineum, being able to be accompanied sometimes, of sensation typically occurs by some traumatic injury of the coccyx, like a fall on the buttocks in seated position. Another common cause in women is the trauma of childbirth that occurs during a difficult delivery, successive sprains, kinks or surgical operations. In some patients, the disc between the fifth lumbar vertebra and the first sacral vertebra (L5-S1) can cause referred pain that is felt in the coccyx. However, many times there is no identifiable cause of coccigodinia (idiopathic) (7)

Pain can go away on its own or with treatment, or it may

continue for years and even worsen. It is five times more common in women than in men, probably because the female pelvis leaves the coccyx more exposed. It seems that in most cases, the pain is caused by an unstable coccyx, which causes a chronic inflammation. It also increases sometimes with defecation, which is easy to understand, if we think that the rectal ampoule supports directly on the coccyx itself and the lower 1/3 of the sacrum, which makes it to increase the pressure of the walls of the same , this directly affects the functional stability of the SACROCOXÍGEA joint altered, especially in cases

of overexertion by constipation.
Risk factors for Coccigodinia are permanence in sitting position for prolonged periods; Any activity that includes repeated blows in the coccyx, such as riding, riding a motorcycle or a bicycle, driving a tractor, an all-terrain automobile or a snowmobile; Inadequate posture when seated, and surgery performed with the individual lying on his back with his knees flexed (lithotomy position or sacral dorsum). Psychological problems, such as hysteria or depression, are believed to be a risk factor for the onset of Coccigodinia. The incidence is rare; It only accounts for 1% of the back

pain ailments.

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