

LAB: Coccyx/Coccygeus Release

INTENTION: To make sure coccyx is midline and freely moving and coccygeus muscle is released



PATIENT POSITION	Supine
HAND POSITION	Outside hand- place fingers on coccyx and palm on ischium. Internal finger facing down deep in pelvic floor muscles on one side of coccyx. Mobilize coccyx externally to help find coccyx and muscles internally.
DIRECTION OF MOTION	Compression of both muscle and coccyx and ischium medially
ASSESSMENT	Increased tension in pelvic floor muscles on either side of coccyx
TREATMENT	Compress coccyx up toward ceiling, ischium medially as pressure downward on coccygeus muscle internally until release is felt.

Special Notes: Important to treat with this technique for any tailbone injuries. If can't reach coccygeus muscle move your hand toward the table to get underneath the rami bones and press hand into perineal tissues to reach further inside. Feel for movement of the tailbone and move laterally to know you are on coccygeus muscle.