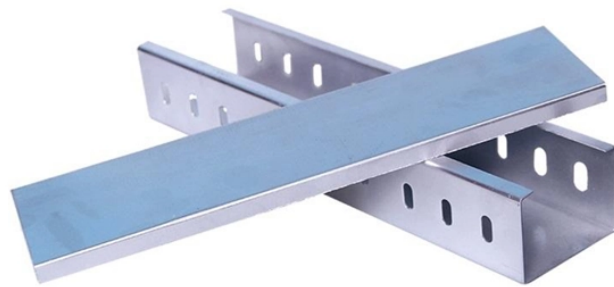


Tying the tailbone with fingers



Tying the tailbone with fingers



Learn 3 easy stretches for coccydynia (tailbone pain) relief.



In this video, we'll go over simple exercises that help stretch and strengthen these key muscles for fast and long-lasting tailbone pain relief.



If your tailbone hurts, this video might help. #tailbone injury is common, and to fix it is to #backcrack or do minor manipulation.



Slide your index or third finger forward, over their underwear, under their pants, in the midline. Have the patient bend forward fully, and slide further forward with your hand. Ask them to return to upright, and ...



Explore 9 tailbone pain exercises recommended by physical therapists. Relieve discomfort, strengthen your pelvic floor, and improve mobility.



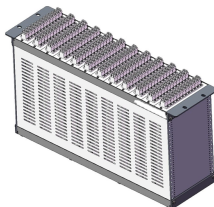
This procedure involves the doctor using their finger to move the tailbone back and forth in order to restore normal movement to the joint and surrounding tissues.



Touch the patient near the anus and then gently insert the longest finger into the anus. Slowly and gently follow the normal contours of the rectum until the finger touches the coccyx.



To alleviate tailbone pain, start by applying an ice pack to the area to relieve discomfort and reduce inflammation. You can also take an over-the-counter medication like ibuprofen or acetaminophen for pain relief.



The tailbone, or coccyx, is at the base of the spine. Various stretches, lifestyle, and medical remedies may help manage tailbone pain. Pain may be due to an injury, pregnancy, or ...



This week's blog and tutorial videos will cover the ins and outs of tailbone pain. In less than 5 minutes, you'll learn the essential chiropractic evaluations, treatments, and exercises for ...

Contact Us

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