Dr. Ebraheim’s educational animated video describing anatomy of the coccyx (tailbone) as well as treatment of specific injuries associated with the coccyx.

The coccyx is commonly referred to as the tailbone. It is the final segment of the vertebral column comprising of two to four separate or fused vertebrae (the coccygeal vertebrae below the sacrum) below the sacrum.

The coccyx is a very small bone which most doctors are not very familiar with. The occyx provides an important attachment for tendons, ligaments and muscles.

Lumbosacral spine x-rays and MRI will not show the coccyx. If you want to vies the coccyx, order coccyx views or MRI. Dynamic views of the coccyx while the patient is sitting leaning backwards is needed for imaging of the coccyx. These x-rays should then be compared to non-weight bearing films with patient standing or lying to the side.

Excessive movement of the coccyx is abnormal. When sitting, the coccyx shifts forward and acts as a shock absorber. The coccyx bears more weight when the person is sitting and leaning backwards compared to when leaning forward.

Coccyx pain symptoms (coccydynia)

•Pain during sitting or when getting up from sitting.

•Pain originating in the middle just above the anus.

•Pain improves while leaning forward or to the side.

•Local tenderness over the area.

The most frequent causes of coccyx pain:

•Falling on the buttocks or backwards.

•Fracture/dislocation due to trauma or injury

•Malignancy

•Infection

•Pregnancy/labor

•Idiopathic

Falling on the tailbone can lead to coccygeal pain, known as coccydynia, resulting in chronic inflammation of the sacrococcygeal joint.

Dislocation of the coccyx occurs when there is a separation of the coccyx from the sacrum.

Types of coccyx injuries

•Anterior dislocation

•Posterior dislocation

•Anterior angulation

•Hooked coccyx

In addition to hooking and dislocation casuing pain, there may be a side bend deformity causing the coccyx to be angled sharply. Side bend deformity is usualy to the left.

Dural tension causing sacrococcygeal syndrome, low back pain and other symtpoms is a non-proven theory. Curving of the coccyx cause increased dural tension. Coccygeal extension releaves tension and back pain.

Treatment of coccyx injuries include:

•Manipulation

•Therapy

•Cushion for sitting: doughnut, balloon, etc.

•Injections

•Surgery as a last resort.

Surgical treatment of coccyx injury

1-Incision for exposure of the coccyx

2-Detachment of the muscles inserted into the coccyx.

3-The fractured coccyx is removed

4-The wound is irrigated and closed and the patient is given antibiotics.

Please go to the following link and support the artist Johnny Widmer

in his art contest - Sign to Facebook and click LIKE

Ebraheim博士的教育動畫視頻描述了尾骨（尾骨）的解剖學以及與尾骨相關的特定傷害的治療。

尾骨通常被稱為尾骨。它是脊柱的最後一段，包括在骶骨下方的兩到四個分離或融合的椎骨（骶骨下方的尾椎骨）。

尾骨是一種非常小的骨骼，大多數醫生並不十分熟悉。 occyx為肌腱，韌帶和肌肉提供重要的附著。

腰骶部脊柱X射線和MRI不會顯示尾骨。如果你想爭奪尾骨，請訂購coccyx視圖或MRI。當尾骨成像時，需要在患者坐著向後傾斜時動態觀察尾骨。然後應將這些X射線與患者站立或側臥的非承重薄膜進行比較。

尾骨的過度運動是異常的。坐著時，尾骨向前移動並充當減震器。與前傾時相比，當人坐著向後傾時，尾骨承受更大的重量。

尾骨疼痛症狀（coccydynia）

•坐著或從坐著起床時疼痛。

•疼痛起源於肛門上方的中間。

•前傾或側臥時疼痛有所改善。

•該地區的當地溫柔。

尾骨疼痛的最常見原因：

•落在臀部或向後。

•由於創傷或受傷導致的骨折/脫位

•惡性腫瘤

•感染

•懷孕/勞動

•特發性

落在尾骨上會導致尾骨疼痛，稱為尾骨，導致骶尾關節的慢性炎症。

當尾骨與骶骨分離時，發生尾骨脫位。

尾骨損傷的類型

•前脫位

•後脫位

•前角

•鉤住尾骨

除了鉤住和脫位引起的疼痛之外，還可能存在側彎畸形，導致尾骨急劇傾斜。側彎畸形通常在左側。

引起骶尾部綜合徵，腰痛和其他症狀的硬腦膜張力是一種未經證實的理論。尾骨的彎曲導致硬腦膜張力增加。尾椎延伸釋放緊張和背痛。

尾骨損傷的治療包括：

•操縱

•治療

•坐墊：甜甜圈，氣球等

•注射

•手術作為最後的手段。

手術治療尾骨損傷

1切口用於暴露尾骨

2-分離插入尾骨的肌肉。

3 - 去除骨折的尾骨

4-傷口灌洗並關閉，患者給予抗生素。

請轉到以下鏈接並支持藝術家Johnny Widmer

在他的藝術比賽中 - 登錄Facebook並點擊LIKE

Ebraheim bóshì dì jiàoyù dònghuà shìpín miáoshùle wěigǔ (wěigǔ) de jiěpōu xué yǐjí yǔ wěigǔ xiàng guān de tèdìng shānghài de zhìliáo.

Wěigǔ tōngcháng bèi chēng wèi wěigǔ. Tā shì jǐzhù de zuìhòu yīduàn, bāokuò zài dǐgǔ xiàfāng de liǎng dào sì gè fēnlí huò rónghé de chuígǔ (dǐgǔ xiàfāng de wěi chuígǔ).

Wěigǔ shì yīzhǒng fēicháng xiǎo de gǔgé, dà duōshù yīshēng bìng bù shífēn shúxī. Occyx wèi jījiàn, rèndài hé jīròu tígōng zhòngyào de fùzhuó.

Yāo dǐ bù jǐzhù X shèxiàn hé MRI bù huì xiǎnshì wěigǔ. Rúguǒ nǐ xiǎng zhēngduó wěigǔ, qǐng dìnggòu coccyx shìtú huò MRI. Dāng wěigǔ chéngxiàng shí, xūyào zài huànzhě zuòzhe xiànghòu qīngxié shí dòngtài guānchá wěigǔ. Ránhòu yīng jiāng zhèxiē X shèxiàn yǔ huànzhě zhànlì huò cèwò de fēi chéngzhòng bómó jìnxíng bǐjiào.

Wěigǔ de guòdù yùndòng shì yìcháng de. Zuòzhe shí, wěigǔ xiàng qián yídòng bìng chōngdāng jiǎn zhèn qì. Yǔ qián qīng shí xiāng bǐ, dāng rén zuòzhe xiànghòu qīng shí, wěigǔ chéngshòu gèng dà de zhòngliàng.

Wěigǔ téngtòng zhèngzhuàng (coccydynia)

•zuòzhe huò cóng zuòzhe qǐchuáng shí téngtòng.

•Téngtòng qǐyuán yú gāngmén shàngfāng de zhōngjiān.

•Qián qīng huò cèwò shí téngtòng yǒu suǒ gǎishàn.

•Gāi dìqū dí dàng dì wēnróu.

Wěigǔ téngtòng de zuì chángjiàn yuányīn:

•Luò zài túnbù huò xiànghòu.

•Yóuyú chuāngshāng huò shòushāng dǎozhì de gǔzhé/tuōwèi

•èxìng zhǒngliú

•gǎnrǎn

•huáiyùn/láodòng

•tè fā xìng

luò zài wěigǔ shàng huì dǎozhì wěigǔ téngtòng, chēng wèi wěigǔ, dǎozhì dǐ wěi guānjié de mànxìng yánzhèng.

Dāng wěigǔ yǔ dǐgǔ fēnlí shí, fāshēng wěigǔ tuōwèi.

Wěigǔ sǔnshāng de lèixíng

•qián tuōwèi

•hòu tuōwèi

•qián jiǎo

•gōu zhù wěigǔ

chúle gōu zhù hé tuōwèi yǐnqǐ de téngtòng zhī wài, hái kěnéng cúnzài cè wān jīxíng, dǎozhì wěigǔ jíjù qīngxié. Cè wān jīxíng tōngcháng zài zuǒcè.

Yǐnqǐ dǐ wěibù zònghé zhēng, yāotòng hé qítā zhèngzhuàng de yìng nǎomó zhānglì shì yīzhǒng wèi jīng zhèngshí de lǐlùn. Wěigǔ de wānqū dǎozhì yìng nǎomó zhānglì zēngjiā. Wěi chuí yánshēn shìfàng jǐnzhāng hé bèi tòng.

Wěigǔ sǔnshāng de zhìliáo bāokuò:

•Cāozòng

•zhìliáo

•zuòdiàn: Tián tián quān, qìqiú děng

•zhùshè

•shǒushù zuòwéi zuìhòu de shǒuduàn.

Shǒushù zhìliáo wěigǔ sǔnshāng

1 qièkǒu yòng yú bàolù wěigǔ

2-fēnlí chārù wěigǔ de jīròu.

3 - Qùchú gǔzhé de wěigǔ

4-shāngkǒu guàn xǐ bìng guānbì, huànzhě jǐyǔ kàngshēngsù.

Qǐng zhuǎn dào yǐxià liànjiē bìng zhīchí yìshùjiā Johnny Widmer

zài tā de yìshù bǐsài zhōng - dēnglù Facebook bìng diǎnjī LIKE

顯示更多內容