Coccygeectomy for failed conservative management of coccygodynia

Ombachi R.B., Lecturer, Consultant Spine and Orthopaedic Surgeon, University of Nairobi

Introduction: Coccygeectomy is the treatment for failed conservative management of Coccygodynia. Coccygeectomy is indicated when conservative treatment with anti-inflammatory drugs, cushion usage, physiotherapy and steroid injection has failed.

Patients and Methods: Six patients, 4 female and 2 male, after six months of failed conservative treatment underwent coccygeectomy in various Hospitals in Nairobi, Kenya. Their clinical outcomes in terms of VAS, Satisfaction with the surgery rated as Excellent, Good, Fair & Poor, and Complications were reviewed after six months follow up.

Result: Six patients, 4 female and 2 male, were operated on between 2006 and 2011 and followed up for an average period of 9 months (range 7-22 months). The average duration of symptoms before surgery was 8 month (range 6-14 months). All patients had received at least six months of conservative therapy without improvement. Two patients rated the outcome as excellent, two rated it as good and two rated it fair. Two patients had wound sepsis, one requiring surgical debridement in theatre.

Conclusion: Though the numbers are small, the study concurs with other studies that coccygeectomy is an effective management in patients with failed conservative treatment of Coccygodynia.