

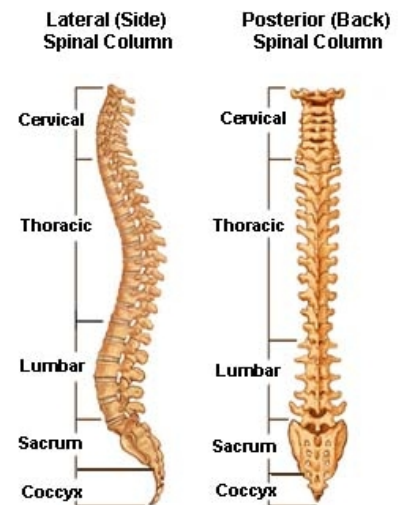
## On the Technical Side... *coccyx injuries and the tailcut*



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Imagine what it's like to not be able to sit down – any time that you sit, intense pain shoots through your bottom and back. That would be miserable, you say? So do many people who experience that on a daily basis, and unfortunately it doesn't take much to have something like that happen.

The tailbone, or coccyx, is a set of bones extending down from the sacrum. They may be fused, they may not. Believe it or not, some scientists will tell you that the coccyx is a remnant of a tail! At any rate, this set of bone is prime for damage when an individual sustains a fall flat on their bottom. Falling in winter as a result of slipping on ice is a common source of tailbone injuries. In the process of the injury, the tailbone may sustain a break and either fuse incorrectly with the bone, or become what is known as a “floating tailbone” that is no longer fused with the remainder of the coccyx, and gouges into scar tissue when pressure hits that area. The pain is typically sharp and debilitating.



Other sources of pain may be related to fibromyalgia, which bundles of angry muscle fibers and nerves bundle to form “trigger points” – again resulting in immediate sharp debilitating pain.

The method of pain reduction or elimination is therefore reducing or eliminating the source of pressure, therein lies the tailcut. The tailcut is typically an oval area cut out of the upper layers of foam on the seat pan approximately where the tailbone would come in contact with the seat – a couple of inches forward from the back border of the seat pan. The fabric of the seat pan is also cut away, and is layered into the resultant hole – actually looking somewhat it looks like it belongs on a golf course rather than in a chair. The pressure of sitting is then redistributed to the legs, the outside portion of the bottom, and the ischial tuberosities. For anyone who has experienced the pain of sitting, the pleasure of being able to sit without pain is indescribable.

The tailcut can be ordered as a custom option with the size specified if the individual needs a larger than standard cut.

You may wish to try the use of a ROHO prior to ordering a tailcut. Typically, you would inflate the ROHO fully then have the person deflate until they experience the comfort that they desire. In this case, the inflated ROHO may set off pain that will not allow subside for a period of time, so it would actually be better to start with a deflated ROHO then slowly add air to get to the desired point of comfort. The ROHO is wider than a tailcut, so the material around the ROHO may not provide sufficient support to prevent contact/pressure with/on sensitive portions of the person's body.

Providing comfort and support for someone who has not been able to experience that can be extremely gratifying – not only to you as the person who came up with the solution – but also to the person who now can return to productive work without pain.