



# Effective Relief for Tailbone Pain: Sacrococcygeal Joint Injections and Ganglion Impar Blocks at Desert Spine & Sports Physicians

## Understanding Coccyx Injections (Sacrococcygeal Joint Injections) and Ganglion Impar Blocks

Tailbone or coccyx pain can significantly impact your quality of life, but with Desert Spine and Sports Physicians, there's hope for healing. Our team of dedicated Physical Medicine and Rehabilitation (PM&R) experts specializes in innovative, [non-surgical treatments for spine and musculoskeletal conditions](#), ensuring you don't have to live with discomfort. For tailbone pain, we offer two highly effective treatments that are often used in conjunction: sacrococcygeal joint injections and ganglion impar blocks.

The sacrococcygeal joint, where the sacrum, the lowest part of the spine, meets the tailbone, plays a crucial role in supporting your body while sitting and during certain movements. When this area becomes inflamed or injured, it can lead to debilitating pain and discomfort. Our expert physicians use sacrococcygeal joint injections as part of a comprehensive treatment plan to alleviate pain, reduce inflammation, and restore function.

The ganglion impar is a bundle of nerves at the spine's base. It plays a significant role in transmitting pain signals from the sacrococcygeal joint. A ganglion impar block targets this nerve bundle to interrupt pain signals and provide relief from chronic tailbone pain.

By incorporating these injections into your treatment plan, we aim to not only provide relief but also prevent recurrent or chronic pain. Our goal is to maximize your function and empower you to return to a fully functional life — one that is often more active than before your pain began.

## Conditions Treated with Sacrococcygeal Joint Injections and Ganglion Impar Blocks

We use sacrococcygeal joint injections and ganglion impar blocks to address a variety of conditions affecting the tailbone. Some of the common conditions we treat include:

- [Coccydynia \(chronic tailbone pain\)](#)
- Sacrococcygeal joint dysfunction
- Tailbone injuries resulting from falls or trauma
- [Postpartum tailbone pain](#)

Symptoms of tailbone pain can vary but often include:

- Sharp or dull ache in the tailbone area
- Pain that worsens when sitting or standing from a seated position
- Difficulty finding a comfortable sleeping position

Whether caused by a fall, sports injury, childbirth, or other factors, untreated trauma or injury to the tailbone can lead to ongoing discomfort and limited mobility.

## How Sacrococcygeal Joint Injections and Ganglion Impar Blocks Provide Relief

Together, sacrococcygeal joint injections and ganglion impar blocks deliver a combination of local anesthetic and anti-inflammatory medication directly to the affected area. The anti-inflammatory medication in the joint injection, typically a corticosteroid, helps reduce inflammation in the targeted area and surrounding tissues. This reduction in inflammation can lead to significant pain relief and improved mobility. The local anesthetic in the block provides immediate pain relief, allowing you to experience the benefits of the treatment quickly — stopping the pain cycle.

Our expert physicians use advanced imaging guidance techniques to ensure precise medication delivery. During the procedure, you can expect:

- A thorough explanation of the process from our team
- Careful positioning to access the sacrococcygeal joint and ganglion impar
- Use of fluoroscopy for real-time imaging guidance
- A quick injection process, typically lasting less than 15 minutes
- Minimal discomfort, as we prioritize your comfort throughout the procedure

The ganglion impar block specifically works by interrupting pain signals from the tailbone region, providing relief for a wider area than sacrococcygeal joint injections alone. When used in combination, these treatments can offer comprehensive pain management for patients experiencing tailbone discomfort.

## Advantages of Sacrococcygeal Joint Injections and Ganglion Impar Blocks

These treatments at Desert Spine and Sports Physicians offer several advantages to patients, including:

- **Improved mobility:** Experience enhanced comfort for sitting, standing, and moving.
- **Non-surgical alternative:** They offer a minimally invasive treatment option with reduced risks and downtime.
- **Minimal recovery:** Patients can return to normal activities quickly.
- **Reduced inflammation:** They reduce inflammation by addressing the pain's root cause.
- **Diagnostic aid:** They can be used as a diagnostic tool to confirm the source of pain and provide tailored treatment.
- **Complementary therapy:** We often use these injections as part of a [comprehensive treatment plan](#), sometimes in conjunction with each other for optimal results.
- **Immediate and long-term pain relief:** Many patients experience quick relief that can last for extended periods.

## Preparing for Your Procedure

### Pre-Procedure Guidelines

- Inform our team about any medications you're currently taking, including blood thinners
- Let us know if you have any allergies to medications, contrast dyes, or latex
- Avoid eating or drinking for six hours before the procedure, as directed by our team
- Arrange for someone to drive you home after the injection, as a precautionary measure
- Wear comfortable, loose-fitting clothing that allows easy access to the tailbone area on the day of your injection

### Post-Procedure Care

- Rest for the remainder of the day to [recover from your injection](#), avoiding strenuous activities
- You may experience some temporary soreness at the injection site
- Resume your normal medications unless otherwise instructed by your doctor
- Keep track of your pain levels and any changes in your symptoms
- Attend any follow-up appointments as scheduled to assess your progress

## Why Choose Desert Spine & Sports Physicians?

Why choose Desert Spine and Sports Physicians for sacrococcygeal joint injections and ganglion impar blocks? Our team stands out for several reasons:

- **Extensive Experience:** We specialize in a wide range of [treatments for spine and musculoskeletal conditions](#) using targeted therapies such as coccyx injections and ganglion impar blocks.
- **Qualified and Compassionate Team:** Our PM&R experts are highly skilled and deeply committed to providing compassionate, patient-centered care.
- **Advanced Technology:** We utilize the latest diagnostic and treatment technologies to ensure precise, effective care.
- **Comprehensive Approach:** We don't just treat symptoms; we focus on the whole person, developing personalized treatment plans that address your unique needs and goals.
- **Focus on Function:** Our ultimate aim is to maximize your function and help you return to a fully active life.
- **Ongoing Support:** We're with you every step of the way, from initial diagnosis through treatment and recovery.

Ready to say goodbye to tailbone and sacrococcygeal joint pain? Reach out to [schedule a consultation](#) and take the first step toward effective pain relief.

[Desert Spine and Sports Physicians - Phoenix Office](#)  
3700 N. 24th Street  
Suite 210  
Phoenix, AZ 85016

[Desert Spine and Sports Physicians - Mesa Office](#)  
6634 E. Baseline Rd.  
Suite 101  
Mesa, AZ 85206

[Desert Spine and Sports Physicians - Scottsdale Office](#)  
8670 E. Shea Blvd.  
Suite 102  
Scottsdale, AZ 85260

[Desert Spine and Sports Physicians - Peoria Office](#)  
13128 N. 94th Drive  
Suite 200  
Peoria, AZ 85381

[Desert Spine and Sports Physicians - Gilbert Office](#)  
3615 S. Rome St.  
Gilbert, AZ 85297