

Independent Report on the Triple-C Coccyx Comfort Cushion by Susan Acty, DipCOT, SROT Occupational Therapist (formerly Head OT, Southport Hospital Spinal Injuries Unit)

As a consultant occupational therapist working in industry, many clients have been referred to me with a variety of coccygeal problems. These include fracture/dislocations, coccydynia and unspecified pain. Computerised pressure measurements show there is a tendency to sit with a flexed spine and so increase pressure on the coccyx. It is my opinion these clients need adequate lumbar support and relief from pressure on the coccyx.

I have tried various inflatable cushions that perform this function very well indeed. However they have a tendency to puncture and so need replacing regularly.

The new Coccyx Comfort Cushion also works very well indeed but has the added advantage of being foam, which means it is likely to have a longer working life - a very important factor when selecting equipment.

Comments from clients using the "Triple-C" Coccy Comfort Cushion:

One said: *"This is the first time in two years I have no pain at the bottom of my spine".*

Another said: *"I could cry with relief".*

Another said: *"Having the cushion has enabled me to go out and about much more. I take it everywhere with me and, no matter how hard the seating might be, I can always rest comfortably - even on the wooden pews in church".*

Fig.1 illustrates poor posture due to pain in the coccyx, with weight distributed over the sacrum. In Fig. 2 better posture is achieved by using the Coccyx Comfort Cushion (in an office chair).

