
Broken Tailbone Symptoms Toolkit

Louisiana checklist for symptoms, care, and proof (general information)

Quick Symptom Snapshot

- Tailbone pain that is worse when sitting or when standing up from sitting.
- Pain with bowel movements or pressure on the area.
- Tenderness over the coccyx and trouble finding a comfortable position.
- Pain that affects sleep, driving, or stairs because sitting is limited.

Red Flags: Get Checked Urgently

- New bladder or bowel problems, numbness in the groin/saddle area, or weakness in the legs.
- Fever, spreading redness, or drainage near the tailbone area.
- High-energy trauma (major crash) or pain that keeps getting worse after a fall.

Documentation Checklist

- Write down the exact time/location and how you landed or what struck you.
- Take photos of the scene, footwear, hazards, and bruising as it develops.
- Keep a daily symptom log: sitting time, sleep, driving, bowel movement pain, and work limits.
- Save receipts: cushions, medications, rides, and missed-work notes from your employer or doctor.
- Keep a list of all providers and appointments so the timeline is consistent.

This toolkit is designed to help you organize information for medical care and for an insurance claim review. If you are in the first 72 hours, evidence can change quickly.

Evidence Blueprint

5 steps + first 72 hours checklist for a broken tailbone

Broken Tailbone Evidence Blueprint

5 steps to document
symptoms + proof

1

Build the timeline

Scene to first pain

2

Track symptoms

Sitting, stairs, sleep

3

Get consistent care

Exam + imaging notes

4

Lock down function

Work + daily limits

5

Preserve proof

Photos, reports, video

First 72 Hours Checklist

- Photos of scene
- Save incident report
- Note pain triggers
- Keep appointment list
- Track sitting limits
- Keep receipts + rides

Goal: match symptoms
to daily function.

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Defense vs Evidence

Common insurer narratives and the documentation that counters them

Defense vs Evidence Broken Tailbone	
Common insurer angles and the records that close the proof gaps	
Defense Angle	Evidence Anchor
"Low impact." "Can't break a tailbone."	Mechanism notes + photos of scene/seat
"Just bruised." "You'd have more signs."	Symptom log sitting + sleep limits
"X-ray normal." "No fracture." "No injury."	Exam findings and follow-up imaging if needed
"Pre-existing." "Old back problem."	Baseline records and new limits after event
"You're fine now." "Gap in care." "Not serious."	Visit cadence work notes + consistent story

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Free Case Review (Louisiana)

Babcock Injury Lawyers | Stephen Babcock

A broken tailbone can look minor on paper, but the impact on sitting, work, and sleep can be real. Our job is to build clean proof and keep the insurance process from rewriting your story.

Contact

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What We Do Next

- Evidence triage: we identify what can disappear and how to preserve it.
- Deadline spotting: we map medical, insurance, and legal deadlines that affect leverage.
- Insurer contact strategy: we control the first narrative and protect against bad-record traps.

This handout is general information and is not legal advice. Outcomes depend on the facts, and deadlines can change. If you need legal advice about your situation, talk to a qualified lawyer.