

THE UROLOGY GROUP

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Walter O'Brien, Kevin O'Connor, Nicholas Lailas,
Gregory Schenk, Jennifer Young, Chuck Pruna, Christopher Starks
Julie Spencer, Kristin Tamburro, Kathleen Cage, Mari Parker

1860 Town Center Drive • Suite 150 • Reston, VA 20190 • 703-480-0220
19415 Deerfield Avenue • Suite 112 • Leesburg, VA 20176 • 703-724-1195
224-D Cornwall Street, NW • Suite 400 • Leesburg, VA 20176 • 703-443-6733

SEAT CUSHION FOR PERINEAL PAIN

Patients with perineal pain, such as chronic prostatitis in men, or vaginal pain in women may benefit from a seat cushion to relieve pressure on the perineum. Below are tips to decrease pain and instructions on how to make a seat cushion.

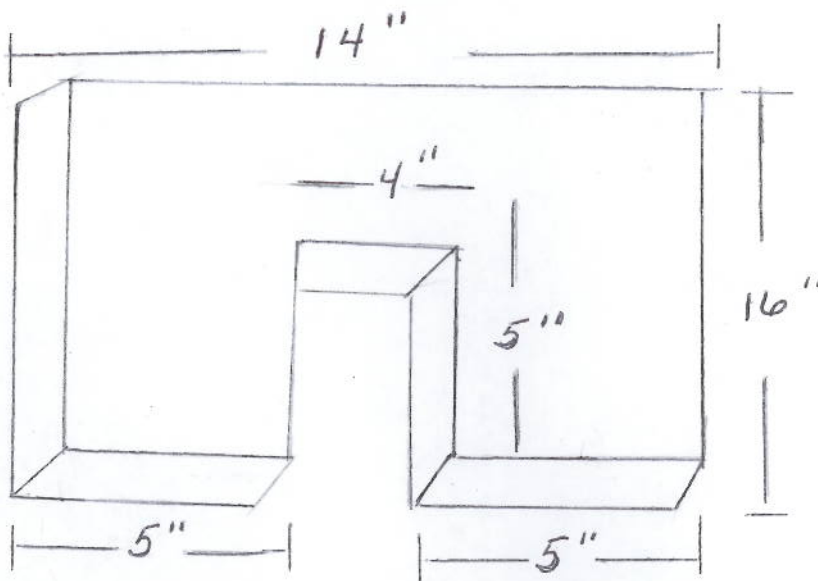
To reduce coccygeal or vaginal pain

- Sit with good posture.
- Try to take a break from prolonged sitting. Throughout the day, get up and stand, stretch and walk.
- Try using a seat cushion to decrease the weight bearing on forces on the genital area.

Seat Cushion

- Purchase 1 ½ to 2 inch thick foam rubber from a fabric store.
- The foam rubber should measure 16 by 14 inches.
- Cut out small 4 by 5 inch section as described below and sit with genital area in this open region.

Diagram of pillow



Coccygeal pillow

The patient sits on the pillow, with the genital region over the 4 by 5 inch opening.