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**

![Diagram of pillow]

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

Reference: John Hopkins Physical Medicine and Rehabilitation; Jackie Welch, MPT, 2002