

Pelvic Floor Dysfunction Screening

If you have 3 or more of the following, there is a high likelihood of pelvic floor dysfunction requiring care

- ☐ I sometimes have pelvic pain (in genitals, perineum, pubic or bladder area, or pain with urination) that exceeds a '3' on a 1-10 pain scale, with 10 being the worst pain imaginable
- ☐ I can remember falling onto my tailbone, lower back, or buttocks (even in childhood)
- ☐ I sometimes experience one or more of the following urinary symptoms
 - Accidental loss of urine
 - Feeling unable to completely empty my bladder
 - Having to void within a few minutes of a previous void
 - Pain or burning with urination
 - Difficulty starting or frequent stopping / starting of urine stream
 - A sudden and urgent sensation of needing to pee that requires rushing to the bathroom
 - Frequent voiding urges (more than 1 every 2 hours)
- ☐ I often or occasionally have to get up to urinate two or more times at night
- ☐ I sometimes have a feeling of increased pelvic pressure or the sensation of my pelvic organs slipping down or falling out
- ☐ I have a history of pain in my low back, hip, groin, or tailbone or have had sciatica
- ☐ I sometimes experience one or more of the following bowel symptoms
 - Loss of bowel control
 - Feeling unable to completely empty my bowels
 - Straining or pain with a bowel movement
 - Difficulty initiating a bowel movement
- ☐ I sometimes experience pain or discomfort with sexual activity or intercourse
- ☐ Sexual activity increases one or more of my other symptoms
- ☐ Prolonged sitting increases my symptoms
- ☐ I experienced perineal tearing or instrumental assistance during my vaginal delivery
- ☐ I had a C-section or other open abdominal surgery
- ☐ I have a feeling of weakness or like I can't support my own middle when performing exercise or other physical tasks
- ☐ I have experienced persistent and longstanding menstrual pain that impacts my ability to live well that is not well controlled with regular NSAIDS

If you have checked 3 or more above, you should seek the care of a pelvic health therapist for assessment and a treatment plan