



PELVIC FLOOR SCREENING TOOL

- ☐ Do you urinate more than 5-8 times/day?
- ☐ Do you experience ANY urine leakage (ex. cough, sneeze, jump, exercise)?
- ☐ Do you have any difficulty with emptying your bladder or bowels fully?
- ☐ Do you experience strong and/or uncontrollable urges to go to the bathroom?
- ☐ Do you ever experience pain with sexual intercourse?
- ☐ Do you have pelvic pain and/or a pressure sensation vaginally?
- ☐ Are you pregnant or have you had a baby?
- ☐ Did you have any perineal tearing or an episiotomy during your delivery?
- ☐ Have you had a c-section or abdominal surgery?

IF YOU ANSWERED YES TO ANY OF THE ABOVE QUESTIONS, YOUR PELVIC FLOOR COULD BE IMPLICATED IN YOUR CONDITION AND THERE IS A GOOD CHANCE WE CAN HELP.



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