



QUEEN CITY PELVIC PT

The Professional and Personal Care You Deserve

Pelvic Floor Screening Tool for Men

If you check any of these, you could benefit from speaking to your doctor and seeing a pelvic physical therapist to evaluate you and prescribe an exercise program appropriate for your pelvic floor.

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- Do you have bladder or bowel control problems after surgery for prostate cancer or prostate enlargement?
 - Do you have bladder or bowel control problems after pelvic radiotherapy?
 - Do you have persistent pain in your pelvic area (e.g. bladder, penis, testes/scrotum, between the scrotum and anus)?
 - Are you an athlete or do you participate in high intensity exercise?
 - Have you ever injured your pelvic region?
 - Do you experience constipation or often strain on the toilet?
 - Frequently have pain when you urinate, ejaculate or defaecate?
 - Do you frequently lift heavy weights and feel pain or pressure in pelvic area (e.g. at work or the gym)?
 - Do you ever leak urine when you exercise, play sport, laugh, cough or sneeze? Do you cough or sneeze a lot?
 - Do you need to get to the toilet in a hurry - or not make it there in time?
 - Do you find it difficult to empty your bladder or bowel? Ever lose control of your bowel or accidentally pass gas?
 - Get up more than once a night to urinate?