



QUEEN CITY PELVIC PT

The Professional and Personal Care You Deserve

Pelvic Floor Screening Tool for Women

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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- Are you pregnant or planning a pregnancy?
 - Have you recently (or ever) had a baby?
 - If you have had a baby, did you experience perineal tears, a forceps birth, difficult vaginal delivery or a baby larger than 8lbs?
 - Are you going through or have been through menopause?
 - Have you ever undergone gynecological or pelvic surgery?
 - 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?
 - Do you have pain in your pelvis or experience pain during or after intercourse?
 - Are you overweight, obese or have a BMI over 25?
 - Do you frequently lift heavy weights (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?
 - Do you have a prolapse (e.g. a bulge or feeling of heaviness, discomfort, pulling, dragging or dropping in the vagina)?