



Embody Physiotherapy & Wellness

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Screening for Pelvic Floor Dysfunction

- Do you urinate more than 8 times in a day Yes___ No___
- Do you have difficulty beginning to urinate Yes___ No___
- Do you have burning with urination Yes___ No___
- Do you feel that your bladder is not empty after urination? Yes___ No___
- Do you experience Urinate: On the way to the bathroom? Yes___ No___
- With coughing/sneezing/laughing , With lifting, running, or day-to-day activity Yes___ No___
- Do you feel pelvic pressure or heaviness Yes___ No___
- Do you have less than one bowel movement every 2-3 days Yes___ No___
- Do you need to strain or use pressure to have a bowel movement Yes___ No___
- Is your stool lumpy/hard/ small (rabbit pellets) or very loose Yes___ No___
- Do you feel that you are able to fully empty during a bowel movement Yes___ No___
- Do you have pain during or after a bowel movement Yes___ No___
- Do you experience painful intercourse Yes___ No___
- Do you experience pelvic pain (vaginal, rectal, penile, testicular, perineal) Yes___ No___
- Do you have pain with sitting Yes___ No___

Have you ever been diagnosed with or been told you have any of the following:

- | | | |
|-------------------------------|-------------------------------|-------------------------|
| ___Vulvodynia | ___Chronic Prostatitis | ___Piriformis Syndrome |
| ___Vestibulitis | ___Endometriosis | ___Coccydynia/tailbone |
| ___Vaginismus | ___Pudendal Neuralgia | ___Proctalgia Fugax |
| ___Dyspareunia | ___Chronic Pelvic Pain (CPP) | ___Urethral Instability |
| ___Interstitial Cystitis (IC) | ___Levator Ani Syndrome/spasm | ___IBS |

If you answered YES to any of the above questions, problems with your pelvic floor and core muscles, fascia, and other supporting tissues may be contributing to your symptoms or pain. You may benefit from evaluation and treatment from a Physical Therapist/ Physiotherapist with specialized training to assess your core and pelvic floor. Your Health Provider may have a list of providers, or find specialists in your area by visiting:

<http://aptaapps.apta.org/findapt/SearchResults.aspx>

