

# PELVIC DYSFUNCTION SCREENING

**Check all that apply**

- I sometimes have pelvic pain 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.
- 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 minutes of a previous void, pain or burning with urination, difficulty starting, or frequent stopping/starting of urine stream.
- 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, or 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.

**IF YOU CHECKED 3 OR MORE,  
PELVIC FLOOR DYSFUNCTION IS LIKELY**