



PHYSIOONE

PHYSICAL THERAPY

You deserve compassionate 1:1 care. You need a specialty practice. **We Can help.**

COZEAN PELVIC DYSFUNCTION SCREENING:

This self-assessment should take about 2 minutes for you to complete.

10 SIMPLE QUESTIONS TO ANSWER:

Are You Experiencing Symptoms of Pelvic Floor Dysfunction?

25% of women in the U.S. report at least one symptom of dysfunction. Pelvic floor dysfunction can result in many limitations and symptoms that men and women are often told are "normal." **While these symptoms are common, they are not normal.** A Pelvic Floor Physical Therapist can help.

If you answered "YES" to 3 or more of the questions to the right, Pelvic Floor Dysfunction is Likely.
We Can Help.

- ☐ I sometimes have pelvic pain (in genitals, perineum, pubic or bladder area, or pain with urination) that exceeds a "3" on a scale of 1-10, with 10 being the worst pain imaginable.
- ☐ I can remember falling onto my tailbone, lower back or buttocks (even in childhood).
- ☐ 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 a few minutes of a previous void
 - Pain or burning with urination
 - Difficulty starting or frequent stopping/starting or 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 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
 - Difficulty initiating a bowel movement
- ☐ I sometimes experience pain or discomfort with sexual activity or intercourse.
- ☐ Sexual activity increases one or more of my symptoms.
- ☐ Prolonged Sitting increases my symptoms.