

PELVIC FLOOR DYSFUNCTION CHECKLIST

Instructions: Check all that apply

I sometimes have pelvic pain (in genitals, perineum, pubic or bladder area, or pain with urination) 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 buttock (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/staring 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 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

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 CIRCLES, PELVIC FLOOR DYSFUNCTION IS LIKELY. YOU MAY BENEFIT FROM AN ASSESSMENT FROM A PELVIC FLOOR THERAPIST.



*SynerG Pelvic Health and PT
Referral*

P: 940-552-8787
F: 940-281-3720

PATIENT NAME: _____

PATIENT DOB: _____

ICD 10:

_____ URINARY INCONTINENCE

_____ DYSPAREUNIA

_____ PELVIC AND PERINEAL PAIN

_____ CONSTIPATION

PHYSICIAN SIGNATURE: _____

DATE: _____