



Greater Charlotte Pelvic Collaboration

Pelvic Floor Screening Tool

If you check any of these, you could benefit from seeing a pelvic physical therapist to evaluate you and prescribe an exercise program appropriate for your pelvic floor.

- ☐ Do you ever leak urine when you exercise (run, jump, etc.), play sport, laugh, cough or sneeze?
- ☐ Do you frequently lift heavy weights and feel pain or pressure in pelvic area (e.g. at work or the gym)?
- ☐ Are you an athlete or do you participate in high intensity exercise?
- ☐ Do you have pain in your pelvis or experience pain during or after intercourse?
- ☐ Do you have pain when you urinate or defecate?
- ☐ Do you experience constipation or often strain on the toilet?
- ☐ 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?
- ☐ Get up more than once a night to urinate?
- ☐ Do you find it difficult to empty your bladder or bowels?
- ☐ Ever lose control of your bowel or accidentally pass gas?
- ☐ 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?
- ☐ If you've had a baby, do you have concerns about how to return to exercise safely?
- ☐ Do you have a prolapse (e.g. a bulge or feeling of heaviness, discomfort, pulling, dragging or dropping in the vagina or perineal area)?
- ☐ Are you going through or have been through menopause?
- ☐ Have you ever injured your pelvic region?
- ☐ Have you ever undergone any type of pelvic surgery?
- ☐ Do you have bladder or bowel control problems after surgery for prostate cancer or prostate enlargement?
- ☐ Do you have bladder or bowel control problems after pelvic radiotherapy?
- ☐ Do you have persistent pain in your pelvic area (e.g. bladder, vagina, rectum, lower abdominals, hips, penis, testes/scrotum, between the scrotum and anus)?

Visit our website to find a therapist near you!

