

Would you benefit from Pelvic Health Physical Therapy?

- *Answer the questions below*

- **I sometimes have pelvic pain with intimacy or other penetrative activities. (This includes the bladder area, genitals, pubic area, and perineum)**
- I have a history of falling onto my tailbone, buttock, or lower back. (This includes childhood)
- Prolonged sitting increases my symptoms
- **I experience one or more of the following:**
 1. Accidental loss of urine
 2. Difficulty starting/stopping urinary stream
 3. Feeling unable to completely empty bladder
 4. Increased Urinary frequency/urgency
 5. Pain or burning with urination

I have to wake up to empty my bladder 2 or more times throughout the night

I have increased abdominal pressure or the feeling as if my pelvic organs are slipping down or falling out.

I sometimes experience one of more of the following bowel symptoms:

1. Pain with a bowel movement
2. Frequent straining to have a bowel movement
3. Feeling as if bowels are never completely empty
4. Loss of bowel control
5. Difficulty initiating a bowel movement

Sexual activity increases one or more of my symptoms

If you answered yes to 3 or more of these, it is very likely you are experiencing pelvic floor dysfunction. Seek out a pelvic health PT in your area to join your healthcare team!

- You can find a pelvic health PT by going to pelvicguru.com or pelvicrehab.com
- Feel free to contact Ashley Stump at anstump@drayerpt.com with any questions!