

Pelvic Health Checklist

Having a healthy, functional **pelvic floor** requires MUCH more than just doing pelvic floor exercises. It is a WHOLE BODY issue. In fact, the way you use your *entire* body, *throughout* the day will affect how well your pelvic floor muscles can function. Because the pelvic floor muscles perform so many different functions, when things are going wrong, it can manifest in many different ways.

Use the checklist below to assess your own pelvic floor health.

If you answer "Yes" to any of the following questions, then now is a great time to reach out to a Pelvic Floor Health specialist for help!

Bladder:

Do you leak urine with any activity or exercise?

Do you go to the toilet more than once every 2-3 hours?

Do you experience a strong urge to go to the bathroom and difficulty holding on?

Are you unable to stop the flow of urine? *(Please note that we do NOT encourage this as an exercise but can be a helpful once-off test)*

Do you have difficulty starting the stream of urine?

Are you unable to completely empty your bladder?

Bowel:

Do you experience difficulty holding stool in?

Do you have any trouble getting everything *out*?

Do you experience constipation and require to strain to empty your bowels?

Sexual:

Do you have ANY pain with sex? Keep in mind that 'pain' can range from mild discomfort to intense, sharp burning pain.

Do you struggle to reach orgasm?

Pain:

Do you have any discomfort or pain around the vulva (or labia) with tight clothing or light touch to the area?

Do you experience any pain with the use of tampons or during a pap smear?

Do you have any pain with urination or bowel movements?

Do you have any pain in the vagina?

Do you have any sharp stabbing pains into the rectum OR abdomen?

Prolapse:

Do you feel any heaviness or pressure in the vagina or rectum?

Have you noticed a bulge into the vagina or the feeling of something 'falling out'?

Other:

Do you have tailbone pain lasting more than one month?

Do you have pain in your pubic bone, sacro-iliac joint (SIJ), lower back, hip or groin that doesn't respond to regular treatment?

Do you experience a lot of abdominal cramping pain with periods?

If you *are* experiencing any of the symptoms listed above, please know that a lot of these issues can be treated and completely resolved! There is no need to suffer endlessly with pelvic floor dysfunction.