

COZEAN PELVIC DYSFUNCTION

screening protocol



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 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 of urine stream

I often or occasionally have to get up to urinate two or more times a night

I sometimes have a feeling of increased pelvic pressure or the sensation of my pelvic organs slipping down or falling out

I have a history of pain in my low back, hip, groin, or tailbone or have sciatica

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

Loss of bowel control

Feeling unable to completely empty my bowel movements

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 BOXES, PELVIC DYSFUNCTION IS LIKELY
PELVIC PHYSICAL THERAPY MAY BE RIGHT FOR YOU



UPRISE Pelvic Health
PHYSICAL THERAPY

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