



COZEAN PELVIC DYSFUNCTION SCREENING PROTOCOL

Instructions: check all that apply

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| <ul style="list-style-type: none"><input type="checkbox"/> 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<input type="checkbox"/> I can remember falling onto my tailbone, lower back, or buttocks (even in childhood)<input type="checkbox"/> I sometimes experience one or more of the following urinary symptoms:<ul style="list-style-type: none">• 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<input type="checkbox"/> I often or occasionally have to get up to urinate two or more times at night<input type="checkbox"/> I sometimes have a feeling of increased pelvic pressure or the sensation of my pelvic organs slipping down or falling out | <ul style="list-style-type: none"><input type="checkbox"/> I have a history of pain in my low back, hip, groin or tailbone or have had sciatica<input type="checkbox"/> I sometimes experience one or more of the following bowel symptoms:<ul style="list-style-type: none">• Loss of bowel control• Feeling unable to completely empty my bowels• Straining or pain with a bowel movement• Difficulty initiating a bowel movement<input type="checkbox"/> I sometimes experience pain or discomfort with sexual activity or intercourse<input type="checkbox"/> Sexual activity increases one or more of my other symptoms<input type="checkbox"/> Prolonged sitting increases my symptoms |
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If you checked 3 or more boxes, pelvic floor dysfunction is likely. You may benefit from an assessment from a pelvic floor physical therapist. Call us to schedule an appointment (402)413-0266

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