



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

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 have 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 urinating 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?