COZEAN PELVIC DYSFUNCTION SCREENING PROTOCOL

INSTRUCTIONS: 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 at 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 had sciatica

☐ I sometimes experience one or more of the following bowel symptoms
  - Loss of bowel control
  - Feeling unable to completely empty my bowels
  - 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 CIRCLES, PELVIC FLOOR DYSFUNCTION IS LIKELY