

Amanda Homen

PHYSIOTHERAPY

Screening to Identify Pelvic Dysfunction

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|--|------------------------------|-----------------------------|
| Do you urinate more than 5-8 times a day? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Do you have difficulty initiating urination? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Do you have burning with urination? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Do you feel that you have not emptied your bladder after urinating? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Do you experience ANY urine leakage? (coughing, sneezing, jumping, etc.) | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Do you feel pelvic or vaginal pressure? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Do you have less than one bowel movement every 3 days? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Do you have to push or strain to have a bowel movement? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Is your stool lumpy/hard or have cracks on it? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Do you have pain during or after a bowel movement? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Do you experience painful intercourse? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Do you experience pelvic pain (vaginal, clitoral, rectal, penile, testicular or perineal)? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Do you have pelvic pain / tailbone pain with sitting? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Do you have any concerns regarding physical activity post-partum? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Did you have any tearing or episiotomies during delivery? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Do you have any menopausal concerns? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

If you answered **YES** to any of the above questions, problems with your pelvic floor muscles, fascia or nerves may be contributing to your symptoms/pain. You may be a candidate for an assessment from a physiotherapist with appropriate training to assess your pelvic floor through internal palpation (vaginal and/or rectal exam).

[Contact me to further discuss your pelvic health!](#)

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