

Checklist for Pelvic Floor Therapy



Thrive Maternal Care
pelvic health & wellness

If you CHECK OFF any of the following questions, you may benefit from a pelvic floor therapy evaluation with a pelvic OT/PT:

- Do you leak urine with any activity or exercise? (Coughing, sneezing, etc)
- Do you go to the toilet sooner than every 2 hours?
- Do you have a strong urge to go to the bathroom and difficulty holding it in?
- Do you have difficulty starting the stream of urine?
- Are you unable to completely empty your bladder?
- Do you experience constipation and require to strain to empty your bowels?
- Do you have ANY pain with sex? Keep in mind that 'pain' can range from mild discomfort to intense, sharp burning pain.
- Does prolonged sitting make your symptoms worse?
- 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'?
- Do you have pain in any of the following: pubic bone, sciatica, lower back, tailbone, butt, hip or groin that isn't getting better on its own?
- Did you experience tearing or stitches during birth? Did you have a Cesarean/C-section birth?
- Do you want to learn about Diastasis recti management and prevention? Do you feel you have a weak core?
- Would you like to prepare your pelvic floor and body for birth to prevent tears and future pelvic floor dysfunction?
- Have you recently had a baby and want to make sure you are giving your own body the care and attention it needs to recover postpartum?