



Pelvic Health Screening Quiz

When to see a Pelvic Health Professional

☐ yes Do I experience pain in the pelvic/genital/lower abdominal region?

☐ no

☐ yes Do I have any symptoms affecting sex (e.g. low arousal, low libido, change in sensation, pain, difficulty with orgasm)?

☐ no

☐ yes Do I often get a strong urgency to rush to the bathroom?

☐ no

☐ yes Do I have any difficulty with bowel movements (straining, changes in stool consistency, frequency, urgency)?

☐ no

Do I have any bladder or bowel leakage (even small drops)?

☐ yes

☐ no

Am I unsure that I can do a good pelvic floor muscle contraction (Kegel)? Do I feel uncertain if I can also relax the muscles when I want to?

☐ yes

☐ no

Do I often have to urinate more than every 2 hours?

☐ yes

☐ no

Do I usually have to get up in the middle of the night to go to the bathroom?

☐ yes

☐ no

If you answered YES to any of the questions above...

You are not alone! Please contact a pelvic health professional to understand what options are available to you. You deserve it!

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