



## Pelvic Floor Screening Tool

Did you know that bladder and bowel control problems are a common issue, affecting over 4 million Australians? Did you know that women are at higher risk of these problems because of pregnancy, childbirth and menopause – and that certain exercises can cause or worsen these problems?

This survey has been designed to see if you are at risk of pelvic floor problems, and if so, to make sure your exercise program is pelvic floor safe. The survey will take 5 minutes to complete and your answers will be confidential.

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

	Y	N
Have you recently (or ever) had a baby?		
Are you going through or have been through menopause?		
Have you ever undergone gynaecological surgery (e.g. a hysterectomy)?		
Are you currently pregnant?		
Do you have a history of lower back pain?		
Do you suffer from constipation or regularly strain on the toilet?		
Do you have a chronic cough or sneeze (e.g. because of asthma, smoking or hayfever)?		
Are you overweight, obese or having a BMI over 25?		
Do you frequently lift heavy weights (e.g. at work or at the gym)?		
Have you ever injured your pelvic region (e.g. through a fall or pelvic radiotherapy)?		
Accidentally leak urine when you exercise, play sport, laugh, cough or sneeze?		
Constantly need to go to the toilet?		
Need to get to the toilet in a hurry - or not make it there in time?		
Accidentally lose control of your bowel – or accidentally pass wind?		
Find it difficult to empty your bladder or bowel?		
Have a prolapse (e.g. a bulge or feeling of heaviness, discomfort, pulling, dragging or dropping in the vagina)?		
Suffer from pelvic pain or experience pain during or after intercourse?		