**Pelvic Floor Screening Tool for Women**

This checklist will help to determine your risk of pelvic floor problems so you can decide if you need to modify your exercise program or seek out further help.

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| **About You…** | **Yes** | **No** |
| Are you pregnant or planning a pregnancy? |  |  |
| Have you recently (or ever) had a baby? |  |  |
| If you had a baby, did you experience perineal tears, a forceps birth, difficult vaginal delivery or a baby larger than 4 kg? |  |  |
| Are you going through or have you been through menopause? |  |  |
| Have you ever undergone gynecological or pelvic surgery (e.g.: a hysterectomy?) |  |  |
| Are you an athlete or do you participate in high intensity exercise (e.g.: running, Crossfit)? |  |  |
| Do you often get back pain? |  |  |
| Have you ever injured your pelvic region (e.g., through a fall or pelvic radiotherapy)? |  |  |
| Do you experience constipation or often strain on the toilet? |  |  |
| Do you cough or sneeze a lot (e.g. because of asthma, smoking or hay fever)? |  |  |
| Are you overweight, obese or have a BMI over 25? |  |  |
| Do you frequently lift heavy weights (e.g. at work or the gym)? |  |  |
|  |  |  |
| **Do You…** |  |  |
| Ever leak urine when you exercise, play sport, laugh, cough or sneeze? |  |  |
| Need to get to the toilet in a hurry – or not make it there in time? |  |  |
| Find it difficult to empty your bladder or bowel? |  |  |
| Ever lose control of your bowel or accidentally pass wind? |  |  |
| Have a prolapse (e.g., a bulge or feeling of heaviness, discomfort, pulling, dragging or dropping in the vagina)? |  |  |
| Have pain in your pelvis or experience pain during or after intercourse? |  |  |

If you answered “Yes” to *any* of these questions, you could benefit from an exercise program to optimize the fitness of your pelvic floor. If you experience any of the symptoms outlined in the second part of the checklist, it is also important to have a pelvic health physiotherapy assessment performed and inform your doctor. Many of these symptoms can be treated, and in many cases, cured.

This has been adapted from the Australian Continence Foundation’s Pelvic Floor Screening Tool, 2017.