

## PELVIC FLOOR SCREENING QUESTIONNAIRE

Do you know that bladder and bowel control problems are a common issue? Did you know that some people are at higher risk of these problems because of their pelvic floor fitness – and that certain exercises can cause or worsen these problems?

This screening tool has been designed to see if you are at risk of pelvic floor problems, and if so, to make sure your exercise programme is pelvic floor safe. This is as important for men as it is for women. This survey will only take a few minutes to complete and your answers will be confidential.

About you ... Yes    No

Are you an elite athlete (e.g. a runner, gymnast or trampolinist)?		
Do you have a history of lower back pain?		
Have you ever injured your pelvic region (e.g. through a fall or pelvic radiotherapy)?		
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 have a BMI over 25?		
Do you frequently lift heavy weights (e.g. at work or at the gym)?		
Have you ever undergone surgery for prostate cancer?		

If you answered 'Yes' to any of these questions it is important to discuss a pelvic floor safe exercise programme with your fitness professional.

Do you... Yes    No

Accidentally leak urine when you exercise, play sport, cough or sneeze?		
Need to go to the toilet in a hurry – or not make it there on time?		
Constantly need to go to the toilet?		
Find it difficult to empty your bladder or bowel?		
Have a prolapse (e.g. a bulge in your rectum or a feeling of needing to use your bowels but not actually needing to go)?		
Suffer from pelvic pain or experience pain during or after intercourse?		

If you experience any of the symptoms outlined in the second part of the survey, it is also important to speak to your doctor or a continence professional – as many symptoms can be treated, and in many cases cured.

For further information refer to contact:

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