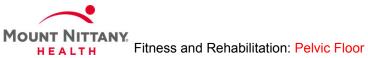


Fitness and Rehabilitation: Pelvic Floor

Name: Date of Birth:
Please answer all questions to the best of your ability. Details will be discussed with your Physical Therapist.
Please explain your main complaint:
How long has this been a problem? C < 1 year 1-3 years 4-8 years 8 + years
Have you had any treatment for this issue in the past?
Bowel Movement:
How often do you have a bowel movement? 🔲 1 or more times per day 📄 Every 2-3 days 📄 1 time per week or less
Do you have any pain with bowel movements? 🦳 Yes 🦳 No
Do you hold your breath and bear down to have a bowel movement? 🛛 Yes 📄 No
Do you have leakage of fecal matter? Yes No If Yes, smear on underwear, loose or formed?
Do you feel like you are fully emptying your bowel? 🗌 Yes 📄 No
Urination:
In your waking hours, on average, How many times per day do you urinate? 🔲 4 or less 🗍 5-8 🗍 9-15
How many times do you typically urinate at night? 0 1 2 3 4 +
Do you have any pain with urination? 🗌 Yes 📄 No
Do you have leakage of urine? Yes No What activites cause / increase leakage: Cough, sneeze, laugh Bending, reaching Sit to stand Lifting
Do you have urine leakage after feeling the urge (unable to hold to get to the bathroom)? The Yes No
Do you have difficulty starting the urine stream? 🔲 Yes 🦳 No
Does the urine stream stop and start? Yes No
Do you wear pads? Yes No If yes, what size/thickness? How many per 24 hours?
Do you finish urinating and have dribble afterwards (as you are getting up)? 🗌 Yes 📄 No
Do you feel like you are fully emptying your bladder? 🗌 Yes 📄 No



Name:			Date of	Date of Birth:		
Pregnancy:						
Are you currently pregnant? Yes No						
Have you given birth to children? Yes No						
If yes	How many?	Deliveries: vaginal		Deliveries: cesarean		
Any tears or other difficulties?						
Lifestyle:						
Do you have any pain with sexual relations? 🗌 Yes 📄 No						
Do you have any pain with pelvic exam? 🔲 Yes 📄 No						

On an average day, what drinks do you drink and how much of each? Please use the table below:

Beverages / Drink	Quantity	