

PELVIC DYSFUNCTION SCREENING

INSTRUCTIONS: CHECK ALL THAT APPLY

- ☐ I sometimes have pelvic pain (in genitals, perineum, pubic or bladder area, or pain with urination) that exceeds a '3' on a 1-10 pain scale (*10 being the worst pain imaginable*)
- ☐ I can remember falling onto my tailbone, lower back, or buttocks (even in childhood)
- ☐ I sometimes experience one or more of the following urinary symptoms:
 - Accidental loss of urine
 - Feeling unable to completely empty my bladder
 - Having to void within a few minutes of a previous void
 - Pain or burning with urination
 - Difficulty starting or frequent stopping/starting of urine stream
- ☐ I often or occasionally have to get up to urinate two or more times at night
- ☐ I sometimes have a feeling of increased pelvic pressure or the sensation of my pelvic organs slipping down or falling out
- ☐ I have a history of pain in my low back, hip, groin, or tailbone or have had sciatica
- ☐ I sometimes experience one or more of the following bowel symptoms:
 - Loss of bowel control
 - Feeling unable to completely empty my bowels
 - Straining or pain with a bowel movement
 - Difficulty initiating a bowel movement
- ☐ I sometimes experience pain or discomfort with sexual activity or intercourse
- ☐ Sexual activity increases one or more of my other symptoms
- ☐ Prolonged sitting increases my symptoms

**If you checked 3 or more boxes, pelvic floor dysfunction is likely
and it's time to talk to your doctor about potential treatment options.**

THIS SCREENING TOOL, ALSO KNOWN AS THE COZEAN SCREENING TOOL, WAS DEVELOPED BY DR. NICOLE COZEAN, PHYSICAL THERAPIST



Schedule an appointment with your doctor
to discuss treatment options.

712-754-3658



Schedule an appointment with a
Pelvic Health Physical Therapist.

712-754-5368