

Cozean Pelvic Dysfunction Screening Protocol

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 with 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 a night.
 - I sometimes have a feeling of increased pelvic pressure or the sensation of my pelvic organs slipping down or falling out.
 - I have history or pain in my low back, hip, groin, or tailbone or have sciatica.

I sometimes experience one or more of the following bowel symptoms:

- Loss of bowel control
 - Feeling unable to completely empty my bowel movements
 - 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.

