

Pelvic Floor Self Assessment

This self-assessment tool is for your eyes only. It is not a diagnostic tool. It is simply a list of factors that may guide you in thinking about the current health of your core muscles, in particular your pelvic floor. This assessment tool will also help you to know when you may benefit from consultation with a health professional such as a physician or a physical therapist. We will work with you every step of the way, although we are not medical professionals. If you wish to communicate your results to your instructor you can simply let them know how many times you answered yes.

Please take a few minutes to answer yes or no to the following questions:

Have you experienced ongoing or recurrent episodes of low back pain?

Does standing for a more than few minutes cause back pain?

Do you find it difficult to stand up from a chair?

Do you have recurring respiratory problems, such as asthma or chronic bronchitis?

Do you have allergies that cause you to cough or sneeze a lot?

Have you had back surgery?

Have you had a C-section?

Have you had any other abdominal surgery?

Have you had a complicated or difficult vaginal birth?

Do you ever have any urinary incontinence, that is, any involuntary loss of urine?

Do you ever have difficulty urinating?

Have you experienced pain during intercourse?

Do you struggle with constipation?

Have you ever injured your tailbone?

Do you have pelvic pain when you sit for a while?

Do you have pelvic pain when you stand for a while?

Do you have pelvic pain when you walk for a while?

If you answered Yes to any of the above:

There may be special considerations to be made for your pelvic floor, and when these considerations are made properly, you will derive particular benefit from our exercise program. If you answered yes to any of the last 10 questions, you might benefit from also working with a physical therapist who specializes in working with the pelvic floor muscles. This special guidance may help you to build awareness of your pelvic floor enough to exercise these muscles effectively. A physical therapist can help you further to do this and to address certain functional problems that may be associated with pelvic floor muscle weakness and/or tightness. It will also be helpful for you to communicate with the instructors at Studio One.

If at any time while you are exercising you feel an increase in any symptom or problem associated with the above list of questions, please stop and consult a physician.

For further help please connect with a physical therapist in community.

Julie Osgood, PT

She specializes in women's health physical therapy. She is a board certified as an Orthopedic Clinical Specialist.

United Physical Therapy

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Lee, Diane. and Associates. "Empower through Knowledge, Movement, & Awareness." #300, 1688-152 St, White Rock B.C. V4A 4N2.

Sapsford R.R Hodges P.W., Richardson C.A., Jull G.A. et al {2001}

Co-Activation of Abdominal and Pelvic Floor Muscles during Voluntary Exercises.

Allen R.E., Hosker G.L. et al {1990} Pelvic floor damage child birth