

Pelvic Symptom Questions

Pelvic floor muscles (muscles of the pelvis) are located from front to back (pubic bone to tailbone) and between the sitz bones. They are responsible for holding back urine, gas, affect sexual function, and allow gas to pass, urinate and have bowel movements. Dysfunction with these muscles can occur by way of incontinence, urgency, frequency, constipation, bloating, and pelvic pain, etc. Below are questions that may indicate dysfunction with these muscles.

Bladder

1. Do you experience frequent urination (urge to void less than every 2 hours)?
 Yes No

If so, how much does this bother you? Not all Somewhat Moderately
 Quite a bit
2. Do you experience urinary leakage or droplets during physical activity, coughing, laughing and/or sneezing?
 Yes No

If so, how much does this bother you? Not all Somewhat Moderately
 Quite a bit
3. Do you experience urinary leakage with the urge to urinate?
 Yes No

If so, how much does this bother you? Not all Somewhat Moderately
 Quite a bit
4. Do you experience the feeling of incomplete bladder emptying?
 Yes No

If so, how much does this bother you? Not all Somewhat Moderately
 Quite a bit
5. Do you experience heaviness or dullness in the pelvic area?
 Yes No

If so, how much does this bother you? Not all Somewhat Moderately
 Quite a bit
6. Do you experience a bulge that can be seen or felt in the vaginal or rectal area?
 Yes No

If so, how much does this bother you? Not all Somewhat Moderately
 Quite a bit
7. Do you have any hesitancy or disrupted urine flow when trying to void?
 Yes No

If so, how much does this bother you? Not all Somewhat Moderately
 Quite a bit

See back →

Bowel

1. Do you experience symptoms of loose stool (bowel movements more than 3 times per day) or constipation (bowel movement once every 3 days or longer)?
 Yes No

If so, how much does this bother you? Not all Somewhat Moderately
 Quite a bit
2. Do you have to strain or have pain with bowel movements?
 Yes No

If so, how much does this bother you? Not all Somewhat Moderately
 Quite a bit
3. Do you experience the feeling of incomplete emptying with bowel movements?
 Yes No

If so, how much does this bother you? Not all Somewhat Moderately
 Quite a bit
4. Do you lack control of holding back gas?
 Yes No

If so, how much does this bother you? Not all Somewhat Moderately
 Quite a bit

Pain

1. Do you experience pain with sitting (similar to feeling of 'sitting on a golf ball or marble')?
 Yes No

If so, how much does this bother you? Not all Somewhat Moderately
 Quite a bit
2. Do you experience the sense of rectal fullness?
 Yes No

If so, how much does this bother you? Not all Somewhat Moderately
 Quite a bit
3. Do you experience pain with intercourse, either with initial insertion and/or full penetration?
 Yes No

If so, how much does this bother you? Not all Somewhat Moderately
 Quite a bit
4. Do you experience tailbone pain, pain with sitting and/or pain with tailbone when going from seated to standing position?
 Yes No

If so, how much does this bother you? Not all Somewhat Moderately
 Quite a bit