

Pelvic Floor Screening Tool for Women



Did you know that bladder and bowel control problems are a common issue, affecting over 4 million Australians? Did you know that women are at a higher risk of these problems because of pregnancy, childbirth and menopause – and that certain exercises can cause or worsen these problems?

This checklist will help to determine your risk of pelvic floor problems so you can decide if you need to modify your exercise program.

About you...	Yes	No
Are you pregnant or planning a pregnancy?		
Have you recently (or ever) had a baby?		
If you have had a baby, did you experience perineal tears, a forceps birth, difficult vaginal delivery or a baby larger than 4kg?		
Are you going through or have been through menopause?		
Have you ever undergone gynaecological or pelvic surgery (e.g. a hysterectomy)?		
Are you an athlete or do you participate in high intensity exercise (e.g. running, CrossFit)?		
Do you often get back pain?		
Have you ever injured your pelvic region (e.g. through a fall or pelvic radiotherapy)?		
Do you experience constipation or often strain on the toilet?		
Do you cough or sneeze a lot (e.g. because of asthma, smoking or hayfever)?		
Are you overweight, obese or have a BMI over 25?		
Do you frequently lift heavy weights (e.g. at work or the gym)?		

Do you...	Yes	No
Ever leak urine when you exercise, play sport, laugh, cough or sneeze?		
Need to get to the toilet in a hurry - or not make it there in time?		
Find it difficult to empty your bladder or bowel?		
Ever lose control of your bowel or accidentally pass wind?		
Have a prolapse (e.g. a bulge or feeling of heaviness, discomfort, pulling, dragging or dropping in the vagina)?		
Have pain in your pelvis or experience pain during or after intercourse?		

If you answered 'Yes' to any of these questions, you could benefit from an exercise program appropriate for your pelvic floor. If you experience any of the symptoms outlined in the second part of the checklist, it is also important to speak to your doctor or a continence professional, as many of these symptoms can be treated, and in many cases, cured.

Contact the National Continence Helpline on 1800 33 00 66 for more information, free brochures and contact details of local continence professionals. Protect your pelvic floor and stay in control. Visit pelvicfloorfirst.org.au

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