



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.