How's my pelvic floor and core function?

	Always	Never	Sometimes
I leak urine when I cough, jump, sneeze or laugh.			
I leak urine when I don't mean to.			
I have urge where I rush to the bathroom (can't hold it).			
I go pee often. (more than every 2-3 hrs)			
I wake up in the middle of the night to pee.			
I have poop skid marks or leaks.			
I am constipated.			
I have pelvic pain and/or heaviness and or bulging.			
I have chronic back or hip pain.			
My balance/core strength limits my activities.			
I have had a knee or hip replacement or back surgery.	Yes	No	(risk factor)
I have given birth vaginally or surgically	Yes	No	(risk factor)

These are all clues to how well your pelvic floor and core are supporting you. None of the above issues is something you need to just put up with.

If any of these things bothers you and/or interferes with your life; it's worth being assessed.

If you said always, sometimes or yes to multiple questions think about learning more.

You can begin by making an appointment with myself, or a pelvic physiotherapist, and/or talking to your doctor.

thrive

Wellness for Pelvic Floor and Core
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