Pelvic Health Screening

Check all that apply to you

- ❑ I sometimes have pelvic pain (in genitals, perineum, pubic or bladder area, or pain with urination)
- ❑ Difficulty starting or frequent stopping/starting of urine stream.
- ❑ I have a feeling of increased pelvic pressure or the sensation of my pelvic organs slipping down or falling out.
- ❑ History of pain in my lower back, hip, groin, or tailbone or have had sciatica.
- ❑ I experience pain or discomfort with sexual activity or pelvic exams.
- ❑ I experience one or more of the following urinary symptoms:
  - Accidental loss of urine
  - Feeling unable to completely empty my bladder
  - Increased urgency or frequency
  - Pain or burning with urination
  - Difficulty starting or frequent stopping/starting of urine stream
- ❑ I experience one or more of the following bowel symptoms:
  - Loss of bowel control
  - Feeling unable to completely empty my bowels
  - Straining or pain with a bowel movement
  - Difficulty initiating a bowel movement

If you checked 3 or more areas, you may benefit from pelvic floor therapy.

For more information or to schedule an appointment with a physician's order for Outpatient Pelvic Health Therapy at our New Lenox Clinic, in Pavilion A, contact us today!

Phone: 815-300-7215 Fax Orders to: 815-300-3831

Pelvic Health Podcast

SILVER CROSS HOSPITAL | Shirley Ryan Abilitylab