

Insert name of fitness centre

Pelvic Floor Screening Tool



Did you know that bladder and bowel control problems are a common issue, affecting over 4 million Australians? Did you know that some people are at higher risk of these problems because of their pelvic floor fitness – and that certain exercises can cause or worsen these problems?

This screening tool has been designed to see if you are at risk of pelvic floor problems, and if so, to make sure your exercise program is *pelvic floor safe*. This is as important for men as it is for women. The survey will take 5 minutes to complete and your answers will be confidential.

About you...	Yes	No
Are you an elite athlete (e.g. a runner, gymnast or trampolinist)?		
Do you have a history of lower back pain?		
Have you ever injured your pelvic region (e.g. through a fall or pelvic radiotherapy)?		
Do you suffer from constipation or regularly strain on the toilet?		
Do you have a chronic cough or sneeze (e.g. because of asthma, smoking or hayfever)?		
Are you overweight, obese or having a BMI over 25?		
Do you frequently lift heavy weights (e.g. at work or at the gym)?		
Have you ever undergone surgery for prostate cancer?		

Do you...	Yes	No
Accidentally 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?		
Constantly need to go to the toilet?		
Find it difficult to empty your bladder or bowel?		
Accidentally lose control of your bowel – or accidentally pass wind?		
Have a prolapse (e.g. a bulge in your rectum or a feeling of needing to use your bowels but not actually needing to go)?		
Suffer from pelvic pain or experience pain during or after intercourse?		

If you answered 'Yes' to any of these questions it is important to discuss a *pelvic floor safe* exercise program with your exercise professional. If you experience any of the symptoms outlined in the second part of the survey, 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.

For further information, including free brochures and the details of local continence professionals, contact 1800 33 00 66. Protect your pelvic floor and stay in control. Visit www.pelvicfloorfirst.org.au