

Do I need Pelvic Floor Physical Therapy?

If you answer YES to 2 or more questions below, you would benefit from a Pelvic Floor evaluation!

1. Do you have pain with sex or inserting a tampon?
2. Do you have pain with passing urine or bowel movements?
3. Does pelvic pain limit your ability to wear tight clothing?
4. Do you lose urine when you cough, sneeze, or laugh?
5. Do you have trouble making it to the bathroom when you have to urinate due to urgency?
6. Are you less than 1 year post-partum?
7. Do you have pain at your tailbone with sitting or standing?
8. Have you been unsuccessful with physical therapy for hip or back pain?
9. Do you have numbness or tingling in your groin or perineal area?
10. Do you have a history of prolapse?