

Could you benefit from a pelvic floor evaluation?



Have you ever experienced any:

1



Urinary (or fecal) incontinence?

Urinary leaking with or without activity (lifting, running, stairs)?
Peeing when you sneeze?
Wearing pads or briefs at night to control leaking?

2



Pelvic Pain?

Have you ever had the sense of a bulge or pressure in the pelvis?
Hip or lower back discomfort?
Genital pain or pressure (with or without penetration)?
Relatively low energy during your workouts or during the day?

3



Frequent bathroom visits or going “just in case”?

Have you had an inability to fully empty the bladder?
Peeing only a small amount several times a day?
History of UTIs?

4



Pregnancy or postpartum periods?

Experienced vaginal or cesarean delivery?
Been diagnosed with diastasis recti?
History of pelvic organ prolapse?

5



Symptoms of perimenopause or menopause?

Transitioning or in menopause?
Do you have low energy during your workouts or during the day?
(commonly called REDS)
Appetite changes, body temperature changes, headaches?

If you answered **yes** to any of the above, you could!

Reach out to us at BEFORM PT to find out more by scheduling a **free** call!
Just scan the QRC code at the front desk.