



## COZEAN PELVIC DYSFUNCTION SCREENING PROTOCOL

### INSTRUCTIONS: CHECK ALL THAT APPLY

- I sometimes have pelvic pain (in genitals, perineum, pubic or bladder area, or pain with urination) that exceeds a 3' on a 1-10 pain scale, with 10 being the worst pain imaginable
- I can remember falling onto my tailbone, lower back, or buttocks (even in childhood)
- I sometimes experience one or more of the following urinary symptoms
  - Accidental loss of urine
  - Feeling unable to completely empty my bladder
  - Having to void within a few minutes of a previous void
  - Pain or burning with urination
  - Difficulty starting or frequent stopping/starting of urine stream
- I often or occasionally have to get up to urinate two or more times at night
- I sometimes have a feeling of increased pelvic pressure or the sensation of my pelvic organs slipping down or falling out
- I have a history of pain in my low back, hip, groin, or tailbone or have had sciatica
- I sometimes 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
- I sometimes experience pain or discomfort with sexual activity or intercourse
- Sexual activity increases one or more of my other symptoms
- Prolonged sitting increases my symptoms

**IF YOU CHECKED 3 OR MORE CIRCLES,  
PELVIC FLOOR DYSFUNCTION IS LIKELY**

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**Need a pelvic floor physical therapist?**  
Call 844.708.7982 [retptgroup.com](http://retptgroup.com)



## LOCATIONS OFFERING PELVIC HEALTH

### ● **Bellevue - PT/Hand clinic**

11711 NE 12th Street, Suite 3A  
Bellevue WA 98005  
p: (425) 454.1405  
f: (425) 635.9340

### ● **Kirkland - PT**

12910 Totem Lake Blvd NE Ste 105  
Kirkland, WA 98034  
p: (425) 823.8631  
f: (425) 814.4731

### ● **Bellingham - NWPT**

814 Dupont St  
Bellingham, WA 98225  
p: (360) 671.2900  
f: (360) 671.2828

### ● **Mount Vernon - NWPT**

110 N LaVenture Rd, Ste A  
Mt Vernon, WA 98273  
p: (360) 428.2700  
f: (360) 428.2701

### ● **Burlington - NWPT**

135 W Fairhaven Ave  
Burlington, WA 98233  
p: (360) 755.9111  
f: (360) 755.1320

### ● **Redmond**

15600 Redmond Way NE Ste 100  
Redmond, WA 98052  
p: (425) 883.9089  
f: (425) 869.1355



**Info on Pelvic  
Dysfunction**