

# 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



Perhaps today is your day to schedule a visit now to be evaluated!

Email: [info@proactivecorehealth.com](mailto:info@proactivecorehealth.com)

Phone: 920-888-2036

**Don't delay any longer and make the call today!**