

SCREENING QUESTIONS

Before considering joining Queenie's Mommy Workout Programs, ask yourself the following questions:

- 1) Do you urinate more than 8 times per day?
- 2) Do you have difficulty initiating your urine stream and/or experience burning with urination?
- 3) Do you experience very strong and/or uncontrollable urges to go to the bathroom?
- 4) Do you experience any fecal or urine leakage (on the way to the bathroom, coughing/laughing/sneezing, exercising, etc.)?
- 5) Do you ever experience painful intercourse?
- 6) Do you struggle with having regular bowel movements?
- 7) Do you have pain during or after a bowel movement?
- 8) Do you experience pelvic pain and/or pelvic pressure, i.e., vaginal, rectal, bladder, tailbone or pelvic girdle?
- 9) Do you experience pain or cramping with menstruation that requires intervention (such as heat, medication, rest, etc.)?

If you answered YES to any of the above questions, problems with your pelvic floor muscles, connective tissues or nerves may be contributing to your symptoms/pain. You may be a candidate for an assessment from a pelvic health physiotherapist.

Don't worry, you can join a Mommy Workout Program in the future but right now you may need some extra treatment and care first :) Send Queenie an email at QueeniePhysio@gmail.com to learn more or book a FREE pelvic physiotherapy consultation.