



Pelvic Floor Symptom Check-In™

Notice clues that may suggest your pelvic floor needs strength, relaxation, coordination or further assessment.



The pelvic floor helps support the bladder, bowel and pelvic organs. Symptoms can overlap, so this check-in is a starting point rather than a diagnosis.

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Bladder Clues



- ☐ Leakage with coughing, laughing or exercise
- ☐ Sudden urgency or leakage on the way
- ☐ Difficulty starting or fully emptying
- ☐ Going often or returning soon after

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Bowel Clues



- ☐ Constipation or repeated straining
- ☐ Difficulty emptying completely
- ☐ Needing to change position or provide support
- ☐ Accidental loss of gas or stool

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Pressure & Support



- ☐ Pelvic heaviness or dragging
- ☐ A bulge or pressure in the vagina
- ☐ Symptoms worse after standing or activity
- ☐ Discomfort with lifting or impact

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Pain & Tension



- ☐ Pelvic, vulvar, vaginal or tailbone pain
- ☐ Pain with penetration or a pelvic exam
- ☐ Difficulty relaxing the pelvic floor
- ☐ Symptoms worsen with repeated squeezing

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Strength & Coordination



- ☐ Trouble sensing a pelvic-floor contraction
- ☐ Holding my breath or bearing down
- ☐ Difficulty coordinating breath with effort
- ☐ Unsure whether I need strengthening or relaxation

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Daily-Life Impact



- ☐ I avoid exercise, travel or social activities
- ☐ Symptoms affect sleep or sexual comfort
- ☐ I plan around bathroom access
- ☐ I have not had a pelvic-floor assessment

What Might the Pattern Suggest?



More Support May Be Needed

Leakage with effort, heaviness or reduced support may be present.



More Relaxation May Be Needed

Pain, tightness, difficulty emptying or worsening with Kegels may be present.



Coordination May Be Needed

Breath-holding, bearing down or difficulty timing support with movement may be present.

These patterns can overlap. Symptoms cannot tell you muscle tone or strength with certainty.

My Priorities Right Now

Most bothersome symptom: _____

When it happens: _____

What I have already tried: _____

- ☐ Track a pattern
- ☐ Discuss pelvic-floor physical therapy
- ☐ Bring this check-in to a healthcare visit



More Kegels are not automatically the answer. An individualized assessment can help determine whether strengthening, relaxation, coordination or another approach fits.



Gentle Reminder

Pelvic-floor symptoms may also involve the bladder, bowel, spine, hips, vaginal tissues or another medical concern.



Martine's Midlife Wellness Tip

Notice whether your symptoms appear with effort, urgency, tension or emptying. That context can make an assessment more useful.



Seek prompt medical care for new loss of bladder or bowel control with leg weakness, saddle-area numbness, severe back pain, blood in urine or difficulty passing urine.