

Screening for Patient with Low Back Pain and Hip Pain

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- Do you urinate more than 8 times a day? Yes No
- Do you have difficulty initiating urination? Yes No
- Do you have burning with urination? Yes No
- Do you feel that your bladder is not emptied after you have urinated? Yes No
- Do you experience any urine loss (on way to bathroom or coughing/sneezing)? Yes No
- Do you feel pelvic pressure? Yes No
- Do you have less than one bowel movement every 3 days? Yes No
- Do you have to strain or facilitate to have a bowel movement? Yes No
- Is your stool lumpy/hard or have cracks on it? Yes No
- Do you have pain during or after a bowel movement? Yes No
- Do you experience painful intercourse? Yes No
- Do you experience pelvic pain, i.e. vaginal, rectal, penile, testicular, perineal or pelvic? Yes No
- Do you have pelvic pain with sitting? Yes No

Have you ever been diagnosed with of the conditions listed below?

- | | | |
|------------------------------------------------|-----------------------------------------------|-------------------------------------------------------|
| <input type="checkbox"/> Vulvodynia | <input type="checkbox"/> Chronic Prostatitis | <input type="checkbox"/> Piriformis Syndrome |
| <input type="checkbox"/> Vestibulodynia | <input type="checkbox"/> Endometriosis | <input type="checkbox"/> Coccydynia |
| <input type="checkbox"/> Vaginismus | <input type="checkbox"/> Pudendal Neuralgia | <input type="checkbox"/> Proctalgia Fugax |
| <input type="checkbox"/> Dyspareunia | <input type="checkbox"/> Chronic Pelvic Pain | <input type="checkbox"/> Urethral Syndrome |
| <input type="checkbox"/> Interstitial Cystitis | <input type="checkbox"/> Levator Ani Syndrome | <input type="checkbox"/> Bladder Sphincter Dysenergia |

If you answered YES to any of the above questions, problems with your pelvic floor muscles, fascia or nerves may be contributing to your symptoms/pain. You may be a candidate for an assessment from a physiotherapist with appropriate training to assess your pelvic floor through internal palpation (vaginal or rectal exam). Please speak to your treating health care provider for more details.