

Pelvic Health Self-Check:

What's Your Pelvic Floor Trying to Tell You?

Wondering if your symptoms are just a normal part of being pregnant or postpartum—or something more? **Take this short quiz to see how your pelvic floor is doing.** Check all that apply.

Bladder & Leaking

- I leak when I cough, sneeze, laugh or exercise
 - I feel sudden strong urges to pee and worry I might not make it in time
 - I often go to the bathroom “just in case” before leaving the house
 - I go to the bathroom frequently and have to know where all the bathrooms are
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Sex & Intimacy

- Sex is painful
 - I've avoided intimacy because something feels “off”
 - I feel tightness, burning, or discomfort with intimacy
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Pelvic Pressure & Heaviness

- I feel a heaviness or bulging feeling “down there”
 - I feel like something is falling out or I need extra support
 - I notice vaginal discomfort after being on my feet a long time
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Core & Recovery

- My belly bulges or “domes” when I sit up in bed
 - I'm having trouble getting rid of my “mummy tummy”
 - I have back, hip, or tailbone pain that's lingered since pregnancy
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Bowel Health

- I strain to poop or feel like I can't fully empty
- I worry about losing control of gas or stool
- Sometimes I have to rush to the bathroom to get there in time

Your Results

0 boxes checked

Your pelvic floor is doing great! Staying active during pregnancy or postpartum can help protect what's working and help prevent future problems.

1–2 boxes checked

Early signs of pelvic floor strain. Common—but worth addressing early, when progress is often faster and easier. And if your symptom(s) is severe, it's time to reach out for some guidance.

3–5 boxes checked

Your pelvic floor is under a lot of strain and needs focused attention. Symptoms are likely affecting your comfort and confidence, and some targeted exercises are in order to get things back on track.

6+ boxes checked

SOS! Multiple symptoms across multiple systems mean it's time to get professional help now.

One Important Thing to Know

If you checked **even one box**, it matters.

These symptoms show up for so many women—but **they are not “normal”**. And they tend to worsen over time, so now is the time to take action. **Your pelvic floor is telling you something important.** Help is available, and the first step is often simpler than you think.

Your Next Step

If you'd like clarity on your quiz results, or on what your symptoms mean for *your* body, **reach out**.

➔ **Book a free 15-minute virtual consultation**

We'll talk through what you're experiencing, answer your questions, and figure out what to do next.

Visit mypelvictherapy.com/schedule or call/text the number below to book.

Whether you're pregnant, postpartum, years after delivery, or have never been pregnant—if your pelvic floor is acting up, you're in the right place.
