

Most people have never been asked these questions — and that's part of the problem. Pelvic floor symptoms are incredibly common, often dismissed, and almost never talked about. Use this checklist to start getting curious about your own patterns. There are no wrong answers — only information.

Know Your Pelvic Floor

Prepare, Recover, Restore · Barrington Public Library · birthpro.org

Bladder

- I leak urine with activity, exercise, coughing, sneezing, or laughing
- I go to the bathroom more than once every 2–3 hours
- I feel a strong, sudden urge to go and have difficulty holding on
- I have difficulty starting the stream of urine
- I feel like I can't completely empty my bladder

Bowel

- I have difficulty holding stool in
- I have trouble feeling like I've completely emptied
- I experience constipation and need to strain to empty my bowels

Pain & Sexual Health

- I have any pain or discomfort with sex (from mild to intense)
- I have pain or burning around the vulva or labia with clothing or touch
- I experience pain with tampons or during a pap smear
- I have pain with urinating or bowel movements
- I have sharp or stabbing pains in the rectum or abdomen

Prolapse

- I feel heaviness or pressure in the vagina or rectum
- I notice a bulge or the feeling of something falling out

Other

- I have tailbone pain lasting more than one month
- I have unresolved pain in my pubic bone, lower back, hip, SI joint, or groin
- I experience significant cramping pain with periods

WHAT YOUR ANSWERS MIGHT POINT TO

Mostly leaking, urgency, or prolapse symptoms?

Your pelvic floor may be working too hard — tight, overactive muscles that can't coordinate properly. More Kegels may not help and could make it worse.

Mostly pain, sexual discomfort, or difficulty emptying?

This often points to a hypertonic (too tight) pelvic floor. The goal is release and downtraining, not strengthening.

Checked several boxes across categories?

That's a signal to see a pelvic floor PT for a proper assessment. Not all pelvic floor issues are the same — and not all treatments are either.

WHEN TO SEE A PELVIC FLOOR PT

If you checked 3 or more boxes — or even one box that significantly affects your daily life — a pelvic floor PT can do a proper assessment and build a plan specific to your patterns.

This is not a sign that something is broken. It's a sign that you deserve more support than most people have ever been offered.

Pelvic Floor PTs in RI:

Jess · aranciapt.com

Danielle · cultivatepelvichealthpt.com

Chelsea · bespokeptri.com

Allie · maephysio.com

MaryHelen · nurturingwellnesspt.com

RI Pelvic Wellness

Roots Physical Therapy + Yoga

Reynolds Physical Therapy

Performance Physical Therapy