

# Body After Baby

## Pelvic Health Quiz

Take this quick survey to find out if you have symptoms associated with postpartum changes. If you answer "yes" to any of these questions, you can benefit from pelvic physical therapy.

### Questions

- Do you have back, hip, abdominal, pelvic, rectal or vaginal pain?
- Do your tampons push out of place?
- Do you leak urine when you sneeze, cough, laugh, or exercise?
- Do you have difficulty starting your urine stream?
- Have you had chronic constipation greater than three months?
- Do you feel a lump bulging or pressure in your vagina or rectal area?
- Is a gynecological exam or sexual intercourse painful for you?
- Do you have a lack of sexual sensation?
- Do you leak urine or stool?
- Do you lift heavy weight greater than 30 pounds daily — including children?

**Don't wait! Make an appointment today by calling 407-303-8080.**