

## Pelvic Symptoms/Medical History

Name: \_\_\_\_\_ Date: \_\_\_\_\_

What brought you here for treatment? \_\_\_\_\_

When did your symptoms start? \_\_\_\_\_

Please describe how your symptoms are limiting your personal and/or professional life:  
\_\_\_\_\_  
\_\_\_\_\_

Have you had prior pelvic PT treatment? \_\_\_\_\_

What are your goals for treatment? \_\_\_\_\_

### **Current Symptoms** (Check or circle all that apply)

#### **Pelvic Pain**

- No pain
- Pain in the :  lower abdomen  groin  perineum  vagina/vestibule  penis/testicles  prostate
- Pain with:  sitting  intercourse  GYN exams  tampon use  tight clothing  manual stimulation
- menstruation  ovulation  erection  ejaculation  feeling cold

Describe the pain: \_\_\_\_\_

What make the pain worse \_\_\_\_\_

What alleviates the pain? \_\_\_\_\_

Are you taking any medication for pain? \_\_\_\_\_

Are you sexually active?  Yes  No

#### **Bladder**

- Normal bladder function
- Increased frequency of urination
- Decreased frequency of urination or retention
- Urgency with:  key in door  running water  cold  entering a bathroom  coffee/caffeine
- Leaking urine with:  cough/sneeze /laugh  run /jump/exercise  sex  cold  anxiety
- Leaking small volume drops
- Leaking large volume/full bladder
- Pad use Type:  panty shield  mini pad  maxi pad  full garment
- Pain with urination
- Difficulty starting a stream of urine
- Incomplete emptying or "double voiding"
- Post void dribbling
- No sensation of urge to void
- urge to void at night

**Bowel**

- Normal bowel function (1-2 times per day)
- Increased frequency of BM:  times per day/week
- Decreased frequency of BM or constipation
- Urgency with:  key in door  running water  cold  entering a bathroom  coffee/caffeine
- Leaking feces or gas with:  cough/sneeze /laugh  run /jump/exercise  sex  cold  anxiety
- Leaking small amounts of feces (soiling undergarments)
- Leaking large volumes of feces
- Pad use Type:  panty shield  mini pad  maxi pad  full garment
- Pain with BM
- Pushing or straining to have a BM
- Incomplete emptying of bowel
- No sensation of urge to have a BM

**Women:**

- Menopause
- Age periods stopped \_\_\_\_\_
- Perimenopausal symptoms (describe): \_\_\_\_\_
- Menstruating
- Age of first period \_\_\_\_\_
- Regular menstrual cycles
- Irregular menstrual cycles Explain: \_\_\_\_\_
- Pain or other symptoms with menses/ovulation? Explain: \_\_\_\_\_
- Premenstrual symptoms (describe): \_\_\_\_\_
- Use of birth control? Type: \_\_\_\_\_
- Pregnant (  weeks) Due Date: \_\_\_\_\_
- Pregnancies:  Vaginal births:  Cesareans:  Episiotomies:  Perineal tears:  Level:
- Problems/injuries related to pregnancy: \_\_\_\_\_
- Gestational diabetes
- Preeclampsia
- Retroverted uterus
- Fibroids/tumors
- Endometriosis
- Ovarian cysts/PCOS
- Pelvic inflammatory disease
- Medications, herbs or supplements for hormone replacement: \_\_\_\_\_

**Men:**

- Enlarged prostate
- Prostatitis
- PSA tests  normal  abnormal
- Premature ejaculation
- Delayed ejaculation or inability to ejaculate
- Pain with ejaculation
- Erectile dysfunction
- Peyronie's Disease

**Medical History:**

- Pelvic trauma Explain: \_\_\_\_\_
- Coccyx sprain or fracture
- Sacral fracture
- Sexual or physical abuse
- Sexually transmitted disease
- HIV or AIDS
- Hepatitis
- Hemorrhoids
- Fibromyalgia
- Cancer Type: \_\_\_\_\_
- Neurological problem: \_\_\_\_\_
- Other medical problem: \_\_\_\_\_

**Surgical History:**

- Brain
- Neck
- Back
- Hip
- Abdominal: stomach liver pancreas spleen gall bladder small intestine
- Bladder
- Colorectal
- Hysterectomy
- Mastectomy
- Oophorectomy
- Prostatectomy
- TURP
- Vastectomy
- Other: \_\_\_\_\_