

# *Lewis Pelvic Floor Therapy*

REBALANCING THE FLOOR OF YOUR CORE

## BLADDER HEALTH QUIZ

Y / N

1. Do you urinate more than every two hours in the daytime?
2. Do you urinate more than once after going to bed?
3. Do you have trouble making it to the toilet on time when you have an urge to go?
4. Do you strain to pass urine?
5. Do you rush to go to the toilet to empty your bladder?
6. Are you unable to stop the flow of urine when on the toilet?
7. Do you have an urge to go but when you get to the toilet very little urine comes out?
8. Do you lack the feeling that you need to go to the toilet?
9. Do you empty your bladder frequently, before you experience the urge to pass urine?
10. Do you have the feeling your bladder is still full after urinating?
11. Do you experience slow or hesitant urinary stream?
12. Do you have difficulty initiating the urine stream?
13. Do you have "triggers" that make you feel like you can't wait to go to the toilet? (running water, key in the door)
14. Rate the following statement as it applies to you today.

My bladder is controlling my life. 0= not at all true 10 = completely true

0    1    2    3    4    5    6    7    8    9    10

**If you answer yes to any of these questions you could benefit from conservative treatment for your bladder. Talk to your health care provider for a referral.**