



**THE CORE CLINIQ**

Women's Health Physiotherapy

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(Continence and pelvic health)

# One-Minute Women's Health Check

*Take a moment for yourself!*

**Tick any symptoms that apply to you!**



## MOVEMENT & BLADDER

### Movement & bladder

- ☐ I leak urine when I cough, sneeze, laugh or exercise.
- ☐ I rush to the toilet or worry about finding one when I am outside.
- ☐ I plan outings around access to public toilets.



## STRENGTH & PELVIC HEALTH

### Core Strength & Pelvic Health

- ☐ I feel heaviness, pressure or a dragging sensation in my pelvis.
- ☐ I have ongoing pelvic, hip or lower back pain not related to injury.
- ☐ My belly or core hasn't felt the same since pregnancy and childbirth.



## COMFORT & WELLBEING

### Comfort & Wellbeing

- ☐ I experience pain or discomfort during intimacy.
- ☐ I wake more than once at night to empty my bladder.
- ☐ I find it difficult to empty my bladder or bowels completely.

## What Your Answers Suggest?

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CHECKED

- Keep supporting your pelvic health with movement and strength.

1-2

CHECKED

- Common concerns that may benefit from guidance and support.

3+

CHECKED

- A Women's Health Physiotherapist can help you understand your symptoms and support your recovery.

**Disclaimer:** The information provided here is for educational and general informational purposes. It does not constitute specific medical advice, diagnosis, or a guaranteed treatment outcome. A comprehensive physical examination by a registered health practitioner is required to determine an appropriate individual management plan tailored to your health needs.



Scan to Book

**Your Pelvic Health Matters !!!**

*At The Core Cliniq, we aim to support women through every stage of life - Pregnancy, Postnatal, Menopause and Beyond!*

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