

REFER TO A PELVIC FLOOR SPECIALIST

Check any that apply:

- Client complains of pelvic heaviness or lower back heaviness
- Client complains of pelvic pressure or discomfort, especially that worsens throughout the day or during exercise
- Client complains of abdominal pain when standing that worsens throughout the day
- Client complains of pain in the low back, hips, sacrum, or pubic bone
- You frequently need to modify exercises due to discomfort of the low back, hips, sacrum, and/or pubic bone
- You observe your client has unrelenting doming/coning of the abdomen even with modification and frequent cueing
- You observe your client needs to use the restroom two or more times during your session
- Client asks to avoid certain exercises due to potential leaking
- Your client leaks/complains of leaking during a session



If your client complains of or you observe any items above, they may benefit from working with a pelvic floor physical therapist

How to find a pelvic floor specialist:
<https://aptapelvichealth.org/> → “Find a PT” at the top
<https://pelvicguru.com/> → “Find a Pelvic Health Professional”