

# SELF-SCREENING FOR CORE HEALING IN POSTPARTUM

TODAY'S DATE:

## BACK AND PELVIC PAIN

- I feel low back pain occasionally or regularly.
- I feel pelvic or hip pain occasionally or regularly.
- I experienced pelvic, hip or back pain in pregnancy.
- I feel pain in my pubic bone occasionally or regularly.

## ABDOMINAL HEALING

- I have noticed a bulging or doming in my abdomen.
- I feel pressure, numbness or discomfort in my abdomen.
- I have residual pain or swelling due to cesarean birth.

## PELVIC FLOOR SYMPTOMS

I experience incontinence (leaking urine) when I:

- Cough/Sneeze
- Jump/Run
- Lift/Strain
- See Toilet/Feel Urge
  
- I feel heaviness, bulging or pain in my anus or vagina.
- I have to strain to empty my bladder and/or bowels.
- I feel unusual pain or tension during intercourse.

## DIASTASIS SELF-CHECK

When self-assessing, I feel a diastasis of \_\_\_\_\_ finger-widths.

## ACTIVITY AND EXERCISE

These are the core exercises, sports, fitness classes +/- or exercise programs I've been participating in since birth:

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