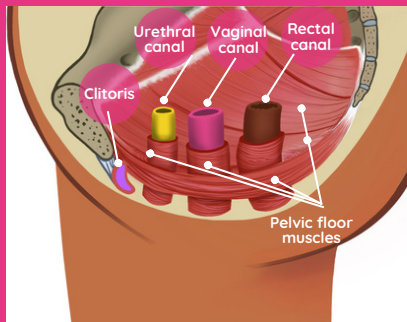


Pelvic Floor Muscle Self-Check



Signs to get help
from Pelvic PT

Leaking pee, poop, or gas
Pain with or without insertion
Pressure or a vaginal bulge

- 1 Mirror or clean finger.
- 2 Get in a comfortable position.
- 3 Feel and look between your legs.
- 4 Superficial pelvic floor muscles: gently touch your labia majora, labia minora, and around clitoris. Feel for pain and tightness.
- 5 Perineum: gently touch the center and the sides of the perineum. Can you squeeze and lift? What about relaxing and lowering?
- 6 Deep vaginal pelvic floor muscles: put a clean finger inside your vagina. Press around the walls. Does it hurt or feel tight? Can you squeeze your finger and pull it up inside? Can you relax and lower?
- 7 External anal sphincter: can you squeeze and relax the anus?
- 8 Deep rectal pelvic floor muscles: put a clean finger inside your rectum. Can you squeeze your finger and pull it up inside? Can you relax and lower it?