

COZEAN PELVIC DYSFUNCTION SCREENING PROTOCOL

INSTRUCTIONS: TICK THE ONE WEY CONSINE YOU

- Sometimes toto and yansh area dey pain me. (Fo inside toto, fo toto area, toto and yansh bone area, the place wey I take dey piss join, as I dey piss e dey pain me fo toto area) if e pass '3' on 1-10 fo pain scale, if 10 na fo pain - wey bi sey you no fit do anything, the kain pain wey dey do you like sey you wan die.
- E get time wey bi sey I fall dan for yansh bone, for yansh and waist join (even as I bi small pikin)
- Sometimes I dey feel one or plenti of this piss piss palava
 - Piss leak comot I no sabi as e take hapun
 - E dey do me like sey I no fit piss everything comot for my bodi
 - As piss dey comot, e go stop, small time e go still comot again kan stop again
 - E dey pain dey burn me as I dey piss
 - E dey hard me to begin piss, the piss no gree flow dey go, the piss go dey stop dey flow dey stop/the piss dey hard to start to dey comot well
- Fo night, I go dey go toilet go piss like 2 or 3times or I fit go pass 3 times sef
- Sometimes, e dey do me like sey the toto-yansh area dey hold me or e go dey do me like sey the organs wey dey my toto- yansh area wan fall comot for gran
- E don do me before wey I get pain for my waist, hips, toto-yansh area, yansh bone, even fo my yansh go down reach my leg
- Sometimes I dey feel one or plenti of shit shit palava
 - I no fit hold shit fo inside bodi
 - E dey hard me to shit all the shit comot finish for my bodi
 - As I dey shit, e dey hard, e kan dey pain me to dey shit
 - E dey hard me to begin dey shit
- Sometimes, knacking no dey sweet, e dey pain me as I dey knock
- I see sey knacking dey make me dey feel one or plenti of this palava
- To dey sidon fo long dey increase this palava

WETIN I WAN TELL YOU NOW BI SEY, IF YOU DON TICK PASS 3 OR PLENTI PASS 3 FOR THIS FORM, E FIT BI SEY YOU DON GET PELVIC FLOOR DYSFUNCTION. E GO BETA MAKE YOU GO FIND CORRET PELVIC FLOOR REHABILITATION PERSON (PT/OT) WEY GO CHECK YOUR BODI WELL WELL