



Columbia Gorge

Physical Therapy & Sports Medicine

## PELVIC FLOOR IMPACT QUESTIONNAIRE

Some people find that bladder, bowel or vaginal symptoms affect their activities, relationships, and feelings. For each question, place an X in the response that best describes how much your activity, relationships or feelings have been affected by your **Bladder or Urine, Bowel or Rectum, Vagina or Pelvis**.

1. Ability to do household chores (cooking, housecleaning, laundry)?
  - Not at all
  - Somewhat
  - Moderately
  - Quite a bit
2. Ability to do physical activities such as walking, swimming, or other exercise?
  - Not at all
  - Somewhat
  - Moderately
  - Quite a bit
3. Entertainment activities such as going to a movie or concert?
  - Not at all
  - Somewhat
  - Moderately
  - Quite a bit
4. Ability to travel by car or bus for a distance greater than 30 minutes away from home
  - Not at all
  - Somewhat
  - Moderately
  - Quite a bit
5. Participating in social activities outside your home?
  - Not at all
  - Somewhat
  - Moderately
  - Quite a bit
6. Emotional health (nervousness, depression, etc7. Feeling frustrated?
  - Not at all
  - Somewhat
  - Moderately
  - Quite a bit

**Scoring: 0 = Not at all, 1 = Somewhat, 2 = Moderately, 3 = Quite a bit**