

# Monitoring Your Core and Pelvic Floor After Birth

**Urinary Symptoms:**  
Leaking urine, increased urinary urgency (strong feeling like you have to urinate), urinating more often.

**Bowel Symptoms:**  
Leaking feces or gas, constipation, or hemorrhoids, or any bowel changes since delivery.

**Pelvic Pain:**  
Pain in the pubic bone, hips, low back or pelvis, which typically worsens with activity.

**Vaginal Bleeding:**  
Bleeding more than 5 pads per day after the 5th day of birth, for vaginal or c-section deliveries. If this occurs please check with your medical provider.



**Abdominal Muscle Separation:**  
A visible bulge or dome, or a trench or indent somewhere along the midline of the abdomen, that is apparent when the abdominals are in use - like when doing a sit-up.

**Pelvic Organ Prolapse:**  
Vaginal pressure, heaviness, pain and achiness, or seeing internal tissue descend outside of vagina.

**Penetration Pain:**  
Pain during or after sexual intercourse, PAP exam or menstrual product insertion.

**Scar Pain:**  
Pain in a scar from injury at birth, episiotomy, or C-section. This pain can be all the time or with certain activities.

It's always a good idea to monitor for the above changes after a delivery. If you notice any of the above symptoms, please talk to your obstetrical care provider or women's health physiotherapist about recovery.

Physiotherapist

Name: \_\_\_\_\_

Date: \_\_\_\_\_

