



Athena Pelvic Muscle Trainer

RECOMMENDED TREATMENT PROTOCOL

Name

Date

Patient Questionnaire

Positive answers to *blue questions* indicates stress incontinence. *Red questions* indicate urge incontinence. A combination of positive answers indicates mixed incontinence.

ATHENA

Don't Wait!

Do you think you are incontinent? Take our quiz!

- | | Yes | No |
|---------------------------------------------------------------------------|--------------------------|--------------------------|
| 1. Do you leak urine when you laugh, cough, or sneeze? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Do you leak urine when lifting something heavy? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Do you use protective garments/pads in case your leak? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Have you stopped running, jogging, or other activities due to leakage? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Have you delivered more than 1 baby vaginally? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Do you often need to go to the bathroom more than 7 times a day? | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Do you frequently have a strong, sudden urge to urinate? | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. When traveling, do you have to stop often for a bathroom break? | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Do you get up to go to the bathroom more than twice a night? | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Do you have to run to the bathroom to avoid leaking? | <input type="checkbox"/> | <input type="checkbox"/> |