



Objective Assessment - Internal Vaginal/Pelvic Floor Exam

Internal Vaginal/Pelvic Floor Exam

☐ Informed consent for Assessment - Verbal consent obtained

Global muscle tone:

- ☐ -3
- ☐ -2
- ☐ -1
- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3

Please provide more details for any of the above you've checked off.

Global muscle relaxation:

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3

Please provide more details for any of the above you've checked off.



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Select which internal vaginal/pelvic floor exam has been performed and add additional information as needed:

- ☐ Introitus:
- ☐ Anterior levator ani:
- ☐ Pubovaginalis:
- ☐ Pubococcygeus:
- ☐ Iliococcygeus:
- ☐ Obturator internus:
- ☐ Ischiococcygeus:
- ☐ Cervix:
- ☐ Visceral mobility (at contraction and Valsalva):

Please provide more details for any of the above you've checked off.



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Prolapse: note if it is at rest, with cough, or with Valsalva:

- ☐ Cystocele
- ☐ Rectocele
- ☐ Uterine
- ☐ Urethral
- ☐ Entrocele
- ☐ Rectal

Please provide more details for any of the above you've checked off.

Global PFM strength testing:

- ☐ Not tested
- ☐ (0) Absent
- ☐ (1-2) Weak
- ☐ (3) Normal
- ☐ (4-5) Strong

Please provide more details for any of the above you've checked off.



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Global PFM strength testing:

- ☐ Sluggish
- ☐ Slow
- ☐ Normal

Please provide more details for any of the above you've checked off.

PFM endurance:

- Seconds before PFM drops by 50%:
- How many reps in 10 seconds:
- Co-contraction with TA:
- Timing of involuntary contraction with cough (KNACK):

Other: