

APPENDIX I: SELF-ASSESSMENT WORKSHEET

Exercise One – Visualizing Your Perineum

When I examine my perineum, I find:

_____ No Pain or Irritation _____ Irritation/Redness _____ Pain

Describe any pain. (Mild to Severe, Sharp/Dull, Burning, Aching, Stabbing, Itching, etc.)

Exercise Two – Using Your Pelvic Floor

When I attempt a Kegel contraction, I am:

_____ Able to contract/movement _____ Unable to contract/no movement

Exercise Three – Rating Your Pain

I can insert a tampon. _____ Yes _____ No (If no, move directly to Exercise 5)

On a scale of 0 (no pain) to 10 (worst pain imaginable), my pain when inserting a dilator is:

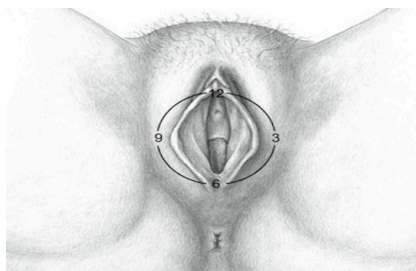
_____ Dilator 1 _____ Dilator 2 _____ Dilator 3 _____ Dilator 4 _____ Dilator 5

On a scale of 0 to 10, my pain when attempting intercourse is _____

Exercise Four – Locating Your Pain

Using the pelvic clock diagram as a guide, make a note of any pain you locate at any of the following spots on Muscle Layer One and/or Muscle Layer Two.

Pain Location(s)	Layer 1	Layer 2
4 o'clock	_____	_____
5 o'clock	_____	_____
6 o'clock	_____	_____
7 o'clock	_____	_____
8 o'clock	_____	_____



Exercise Five – Assessing Large Muscle Groups

I experience pain or tightness in the following large muscle areas (Low Back, Hip, Groin, etc.)

Pain Rating (0-10): _____ Description: _____

SELF-ASSESSMENT GOALS AND PROGRESS

Exercise Six – My Treatment Goals

In the space below, write your treatment goals. See Self-Assessment Exercise Six for suggestions. Resist the temptation to add a timetable.

- 1.
- 2.
- 3.
- 4.
- 5.

Progress Tracker

To track your progress during the program, place a check mark on the appropriate line as insertion of each dilator becomes pain free.

_____ Dilator One (D1)

_____ Dilator Two (D2)

_____ Dilator Three (D3)

_____ Dilator Four (D4)

_____ Dilator Five (D5)

_____ Transition To Intercourse

Additional Notes: