

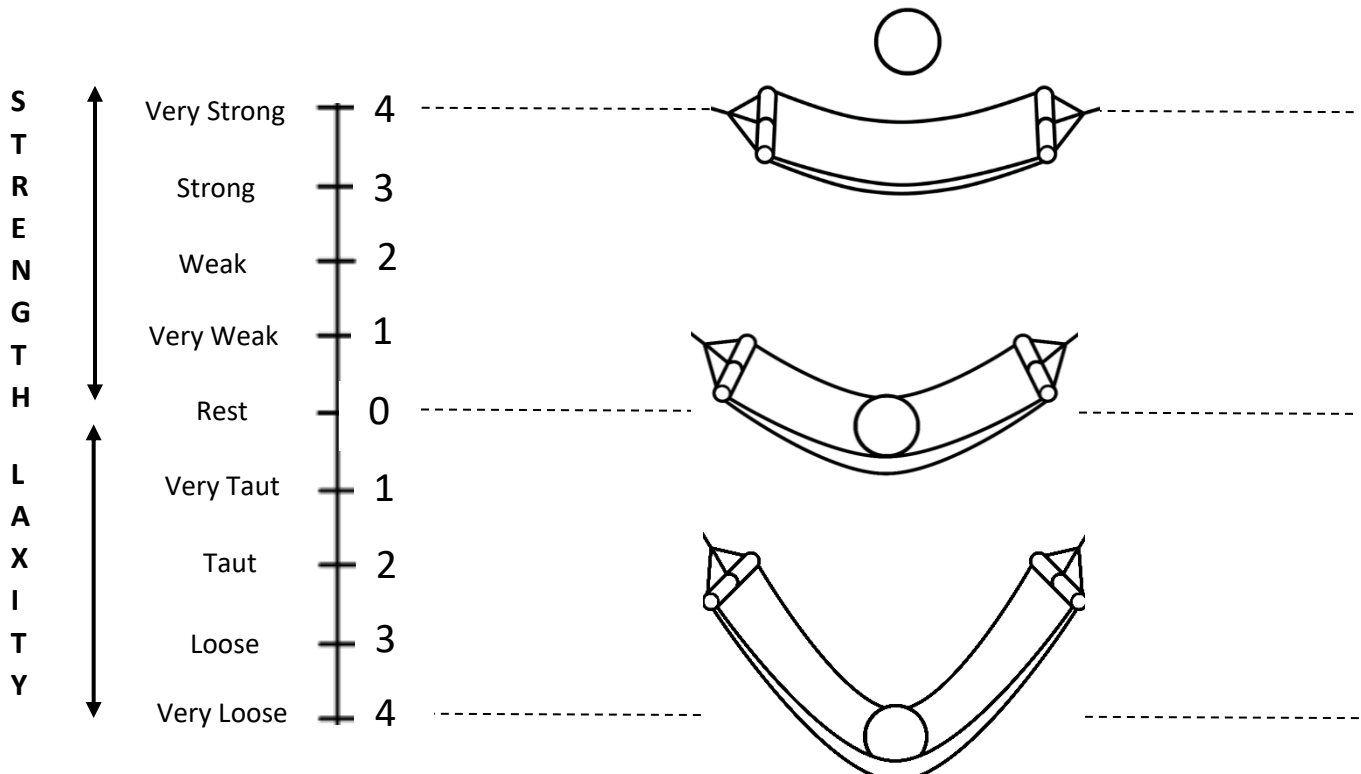
## Pelvic Visual Analog Scale (P-VAS)

If the pelvic floor is the hammock-shaped muscular area between your pubic bone and your tailbone or the area that sits on your underwear, determine the following values using the picture below.

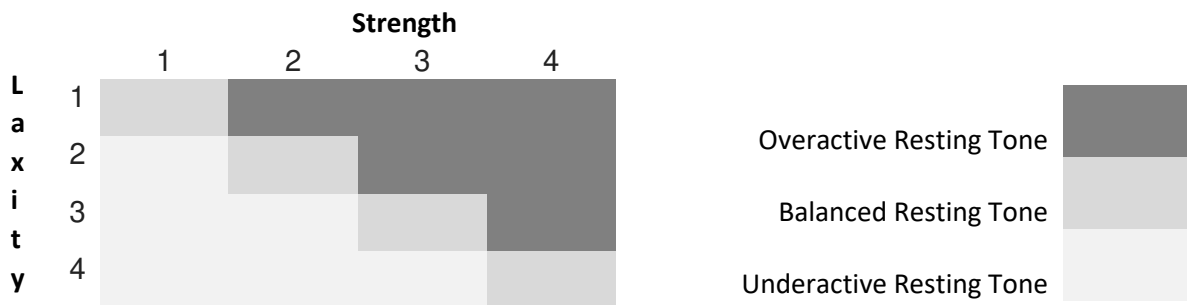
*\*The hammock represents the pelvic floor and the ball signifies the tension of the hammock.*

**Strength:** From a rest position, contract your pelvic region upwards as though you were holding the urge to urinate and defecate. Determine how strongly this area moves up and mark it on the scale for a strength value.

**Laxity:** From a rest position, create pressure downward in your pelvic region as though you were expelling gas from your vagina and/or anus. Determine how easily this area moves down and mark it on the scale for a laxity value.



**Intersect Strength and Laxity values to determine Pelvic Resting Tone:**



\*Should you have symptoms which may include (but are not limited to) urinary/fecal leakage, organ prolapse, pain, constipation, pressure, urgency, difficulty urinating, burning, stiffness, fatigue, excess flatulence, weakness, hypersensitivity, numbness etc., this scale can be informative for your healthcare practitioner