

Having a prostatectomy?

Pelvic health Physiotherapy pre and post prostatectomy helps prepare you for the surgery and enables you to regain control of your bladder function as soon as possible after the surgery. Being diagnosed with Prostate cancer often comes as a shock. The initial focus is on removing the prostate and the cancer. The two main side effects of prostatectomy are bladder leakage and erectile dysfunction. Pelvic health Physiotherapy can help reduce bladder leakage and improve bladder control while also aid in supporting recovery of erectile function.

Pre-operative pelvic health physiotherapy aids in post-operative recovery and includes:

- Providing education about the surgical procedure and implications on bladder control and erectile function
- Assessing and commencing pelvic floor muscle exercises with the correct technique (using real time ultrasound for biofeedback)
- Optimising your bladder and bowel function and toileting technique to eliminate any straining or constipation
- Determining if you have any risk factors that may contribute to bladder leakage post-operatively
- Giving you an understanding of recommendations for optimal post-operative care including resting, gentle activity, relevant precautions (eg: lifting) and expectations in returning to work.

Pelvic health Physiotherapy post-prostatectomy includes:

- Progression of pelvic floor muscle training and providing individual instruction to provide strategies to reduce leakage with your triggering activities
- Providing advice regarding continence aids as required (pads etc)
- Recommendations regarding appropriate fluid intake and toileting time frames, optimising bladder and bowel function and avoiding straining
- Providing advice regarding appropriate activity/exercise and returning to your chosen forms of exercise/sport
- Advice to minimise lifting, especially in the first 6 weeks post-surgery, then instructing in a graduated return to lifting/strenuous activities
- Discussing your work responsibilities and a graduated return to work activities
- Ensuring you have access to other health professionals as indicated:
 - General practitioner
 - Continence Nurse
 - Sexual Health Professional



- Psychologist
- Other Prostatectomy support services

At The Pelvic Health Clinic we take a holistic approach in supporting you through your journey with Prostate Cancer. We will discuss your body's healing timeframes and ensure your leakage resolves as quickly as possible and you are comfortable and confident in a safe return to all your desired activities/exercise/work duties.