



Men's Pelvic Health



Prostate Surgery

Did you know that urinary leakage is common after prostate surgery?

Are you aware that pelvic floor exercises can help you recover?

Did you know that starting these exercises before surgery is most effective?

Prostate cancer and surgery can be a difficult journey both emotionally and physically for men and their family. Loss of bladder control is to be expected after prostate surgery and is distressing. Urine leakage usually occurs with physical activity, changing position and coughing. How much urine leaks and how long this incontinence lasts are hard to predict. Fortunately, we know that bladder control will improve over time and by learning how to use your pelvic floor muscles correctly with physiotherapy.

During removal of the prostate your main bladder control mechanism may be impaired, leading to leakage. The pelvic floor, which is part of your bladder control mechanism, will need to play a greater role to compensate for this. The pelvic floor muscles are at the base of your pelvis, attaching from the pubic bone at the front to the tail bone at the back. These muscles support and control the bladder and bowel and play a role in sexual function.

Evidence shows that pelvic floor muscle training with a specifically qualified Physiotherapist reduces urinary leakage after prostate surgery. Research has also shown that when this training is commenced before surgery, the severity of bladder leakage and the time it takes to restore bladder control are both reduced. Ideally pelvic floor exercises are commenced before surgery but they are also beneficial afterwards.



What Will My Physiotherapy Program Involve?

- A thorough assessment to establish your goals, pelvic floor requirements and treatment plan
- Teaching you how to correctly use your pelvic floor muscles and making use of real time ultrasound as required
- Design of a personalised pelvic floor muscle exercise program based on your abilities and needs
- Progression of your program and application to daily activities and exercise
- Instruction in good bladder habits, fluid intake and bladder retraining if needed
- Advice about lifestyle modifications for the post op period and guidance for return to normal activity

How Often Will I Need To Attend?

Ideally you will attend for 1 – 2 consultations before your surgery for a thorough assessment and to learn how to correctly contract your pelvic floor muscles. The number of treatments after surgery varies for each individual depending on the severity of bladder leakage. You can expect to experience gradual improvement in your bladder control.

Motivation and adherence are important factors in achieving your goals. Your Physiotherapist will regularly re-assess these goals and work with you to ensure the program is appropriate for your lifestyle.

What Can WMHP Do For Me?

Bladder leakage is very common after prostate cancer surgery but will improve with physiotherapy. At Women's & Men's Health Physiotherapy we lead the way in pelvic health. We'll work with you to reduce bladder leakage so you can stop wearing pads, return to work, exercise, and confidently socialise and enjoy life.

Why Choose Women's & Men's Health Physiotherapy?

- We're a group of Physiotherapists who specialise exclusively in the area of continence management and pelvic floor muscle rehabilitation
- We'll design a personalised pelvic health program for you
- We're passionate about empowering men to regain their confidence after prostate cancer surgery so they can return to normal activity
- We have many years of experience working with, and supporting, men and their partners before and after prostate surgery
- We work closely with your urologist, urology nurse and you to achieve the best possible outcome



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