



Why do I need Physiotherapy?

After prostate surgery, men can have problems with bladder control (the bladder can leak urine expectedly). This is because a muscle at the base of the bladder, which helps to control urine flow, is disrupted when the prostate gland is removed. What this means is that the body's automatic system for stopping us from leaking is now weaker. The good news is there is a 'back-up system' – the muscles of the Pelvic Floor. Like other muscles in the body, we can train these muscles to be stronger and help with regaining control of the bladder after surgery.

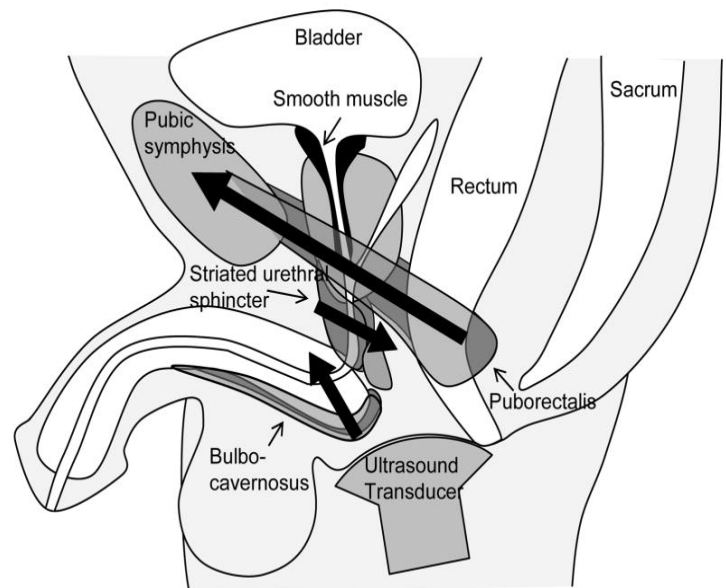
Muscles of the Pelvic Floor

There are three main muscles in the pelvic floor that your physiotherapist will discuss with you. They are:

- Striated Urethral Sphincter: shortening your penis
- Bulbocavernosus: lifting your testes, 'nuts to guts'
- Puborectalis: squeezing your anus, stopping the passing of wind

Your physiotherapist will assess your ability to contract these muscles and give you an exercise program to practice in order to prepare you for surgery.

The assessment uses an ultrasound machine which is placed on the skin between your testes and anus (perineum). This gives you and your physiotherapist the ability to see your muscles moving in real-time.



Functional Bracing or 'The Knack'

Once you are able to contract your pelvic floor, you will be able to practice holding this contraction during movements that put extra pressure on your bladder. These movements are more likely to cause leaking after surgery and practicing beforehand can make managing these moments easier. Common movements that can cause leaking include:

- Standing up or sitting down
- Coughing, sneezing or laughing
- Bending over or twisting

Physiotherapy and Prostate Surgery



*Active
Physiotherapy
Mackay*

What Happens After Surgery

When you wake up after surgery you will have a catheter. The catheter tubing runs through your urethra via the end of your penis into your bladder. You can safely walk around with a catheter in place as it will not fall out. The first time you get out of bed after surgery may be with a nurse or physiotherapist to make sure you can move safely.

Whilst your catheter is in, do not do any pelvic floor exercises. You can expect your catheter to be removed around 10 days after surgery. Once your catheter has been removed you can re-start your pelvic floor exercises but at a very gentle level to make sure you don't fatigue your muscles too much. After having your catheter removed you will need to use your pelvic floor muscles to avoid leaking with activities like coughing, sneezing and standing up from a chair.

Exercise Recommendations

Exercise is a very important part of your recovery after a prostate surgery. It is recommended that once you have recovered from surgery, you should aim for a minimum of:

- 150 minutes moderate intensity aerobic exercise per week
- 2-3 sessions of resistance exercise per week

You can begin gentle walks immediately after surgery and start to gradually increase this as you can. If you are experiencing pain or leaking with increased activity, it may be a sign that you are overdoing it.

As your body will still be healing for around 6 to 8 weeks after your surgery, you should be careful with any lifting and keep lifting to less than 5kg for the first 6 weeks. With help from your physiotherapist, you will be able to gradually increase this as your body and strength allows.

Diet and Toileting

It is recommended to avoid caffeine and alcohol initially after surgery as they can both irritate your bladder and make leaking worse. Dehydration can also make your leaking worse so remember to stay hydrated, the average adult male needs 1.5-2L water every day.

When you are sitting on the toilet to open your bowels, sit with a relaxed posture and avoid straining as this puts pressure on your healing bladder. You may need to consider the amount of fibre in your diet if you are having any difficulties and might need to speak to your doctor or pharmacist about any added medications or supplements for this.

3/43 Gregory St,
Mackay Q 4740

28 Central Street
Sarina Q 4737

Phone: 07 4953 3557
Fax: 07 4953 3558



reception@activephysiomackay.com.au

www.activephysiomackay.com.au

Physiotherapy and Prostate Surgery



*Active
Physiotherapy
Mackay*

Sexual and Erectile Function

Prostate removal surgery will likely impact on your ability to achieve and maintain an erection after surgery. The extent of this will depend on what happens during surgery and also what your function was like before surgery. There are exercises and other strategies that can help your recovery which your physiotherapist will discuss with you. It has been shown that the better your function is before surgery, the better your recovery so it is a good idea to make sure you are exercising this function before surgery.

3/43 Gregory St,
Mackay Q 4740

28 Central Street
Sarina Q 4737

Phone: 07 4953 3557
Fax: 07 4953 3558



reception@activephysiomackay.com.au

www.activephysiomackay.com.au