



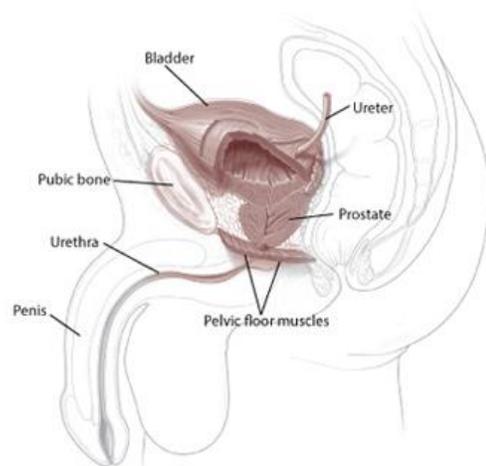
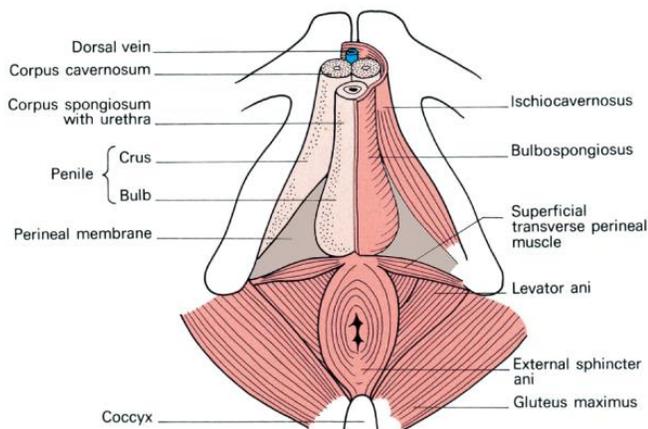
Physiotherapy Intervention Following Treatment in Patients with Prostate Cancer

Here is some information for you to take home

HOW CAN PHYSIOTHERAPY HELP?

Physiotherapy is a profession defined by great diversity in areas of clinical practice with the purpose of developing, maintaining and restoring the maximum movement and functional ability of each person, considering the specific limitations of the individual.

The pelvic floor is a collection of muscles, nerves and fascia that are attached to the pubic bone and tailbone.



The main function of the pelvic floor is to maintain continence, support the internal organs, stabilize the pelvis, hip and lower back, permit sexual function and to assist with circulation.

Dysfunction in the pelvic floor is often caused by tension or weakness and can cause incontinence, pain, frequent or urgent urination, hesitation, sexual dysfunction and more.

A physiotherapist trained in internal palpation of the pelvic floor can assess and treat these symptoms.

WHAT IS POST-PROSTATECTOMY PELVIC FLOOR PHYSIOTHERAPY?

Urinary incontinence can occur post-prostatectomy as some of the muscles that help to maintain continence can be affected.

A pelvic floor physiotherapist can determine if there is a weakness in the pelvic floor muscles and if performing pelvic floor strengthening exercises would be appropriate.

A physiotherapist can also assist with scar tissue management and toileting strategies to manage incontinence.

PELVIC FLOOR STRENGTHENING EXERCISES

- When you are strengthening your pelvic floor, it is best to coordinate the exercise with your breathing cycle. Your pelvic floor will relax while you breathe in and contract while you breathe out.
- To locate your pelvic floor, you can focus on two different areas – the front and the back. When the muscles contract correctly, they will squeeze and lift.
- To focus on the front, imagine stopping the flow of urine or try to lift your testicles. You should be able to feel a slight lifting of your testicles and retraction of your penis towards your abdomen.
- To focus on the back, imagine trying to stop the release of gas. You should be able to feel a tightening around the anal opening.
- When strengthening correctly, you should not compensate by contracting your abdominal, buttock or leg muscles. Your abdomen and anus should not bulge.
- Try to hold each contraction for 10 seconds. Do 2 sets of 10 contractions focusing on the front and 10 contractions focusing on the back, twice a day.

NOTE: Pelvic floor strengthening exercises are not appropriate for everyone, if your symptoms do not improve or you are concerned that you are not performing these exercises correctly, please discontinue them and seek treatment by a pelvic floor physiotherapist. ***Strengthening can start once your catheter has been removed.***

Post-Prostatectomy Instructions

WEEKS 0 – 6:

- Avoid activities that will strain your incision
- Avoid holding your breath or bearing down while having bowel movements or mobilizing (ie. getting out of bed)
- Splint your incision using your hands or a pillow when coughing
- Avoid prolonged sitting or lifting greater than 10 pounds
- Walk short distances around the house for the first week and then gradually increase
- Begin pelvic floor exercises once catheter is removed
- Ensure proper posture

WEEKS >6:

- Consult with your physician about when to resume your regular exercise program
- Gradually increase the weight of objects you lift, keeping objects close to your body and using proper body mechanics
- Do a pelvic floor contraction and recruit your inner abdominals prior to lifting
- Continue to maintain good posture at all times
- Do not try to resume sexual activity for 4 – 6 weeks after surgery
- Wait at least 12 weeks before returning to sports that require running or jumping
- Gradually increase your activities of daily living to 30-50% of what you were doing prior to surgery
- If you feel any pain or pressure in the lower abdomen, stop exercising immediately

PHYSIOTHERAPY CLINICS

Archway health and Sport Services

1679 London Line

Sarnia, ON

519-541-0394

Life Mark

London, ON

519-432-0835

Willow Health Centre

423 Richmond St.

Chatham, ON

519-365-0122

LOCAL PROSTATE CANCER SUPPORT GROUPS

These groups are self-help that are open to men and their partners facilitated by a trained volunteer and cancer survivor. They provide open and supportive discussion with occasional guest speakers. They also provide emotional support for survivors of prostate cancer at various stages of recovery and can assist with community resources.

Lochiel Kiwanis Community Centre

180 North College Ave.

Sarnia, ON

Contacts: John Oliveira 519-365-1599

Darwin Kielt 519-869-4015

Knights of Columbus Hall

800 Murray St.

Wallaceburg, ON

Contacts: John Oliveira 519-365-1599

Grail Holek 519-627-2106

Canadian Cancer Society

Sarnia-Lambton Office 519-332-0042

Chatham-Kent Community Office 519-352-3960