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## **Why Physical Therapy?...**

A physical therapist can evaluate your problem, and help you manage urinary incontinence (leakage) following prostate surgery. The therapist will teach you how to improve the strength and control of your pelvic muscles which support the bladder to stop or lessen the urinary leakage.

## **A suggested program may include...**

- instruction in exercises to improve pelvic floor function,
- gentle electrical stimulation, on or near the pelvic floor, to improve muscle function,
- biofeedback training to help you learn to locate and use the pelvic floor muscles correctly, and
- bladder training to help regain normal bladder function/habits.

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## ***AFTER PROSTATE SURGERY***



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## ***AFTER PROSTATE SURGERY***

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### **The Problem...**

Various surgeries are performed for diseases of the prostate gland. Removal of part or all of the prostate gland is called a prostatectomy. Some urinary incontinence (leakage) is common immediately after the surgery.

Fortunately, in most cases, the leakage decreases with time and healing.

However, for some men, the leakage persists past the healing time, and treatment becomes necessary. Common types of incontinence (leakage) are:

- 1) stress incontinence: loss of urine with a cough, laugh, or sneeze,
- 2) urge incontinence: loss of urine with a strong "urge" and difficulty making it to the bathroom on time, and
- 3) mixed incontinence: combination of stress and urge incontinence symptoms.

### **Other physical therapy suggestions that may help you in the future include...**

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- instructing you on correct lifting and moving techniques,
- teaching you how to do a bladder training program,
- teaching you how to brace the pelvic floor muscles when you cough, laugh, or sneeze, and
- suggesting lifestyle changes which affect your bladder, including eating and drinking habits.

### **If you think you may benefit from physical therapy...**

to help you manage your incontinence following prostate surgery, ask your physician to refer you to a physical therapist who is specialized in this treatment area. Insurance payment varies region to region, so check your individual policy for coverage.