



TREATMENT PATHWAYS FOR POST- OP BLADDER SUSPENSION

PHASE 1 – Pre-Op

Patient Education/Instructions

- *The pelvic floor anatomy and function*
- *Bladder health*
- *How diet may affect your bladder*
- Avoidance of Valsalva and proper use of lower abdominal muscles to support the pelvic girdle
- Sensation of bladder fullness and awareness of urinary urge and urge delay

Therapeutic Exercises/Activities

- Surface EMG of the pelvic floor to identify the muscle and improve strength
- Diaphragmatic breathing

PHASE 2 - Immediate Post-Op (in the hospital)

Patient Education/Instructions

- Catheter 1 day to 6 weeks
- Valsalva maneuver precautions
- Review normal bladder function, irritability post-op, if not done pre-op
- Encourage 2-3 hour voiding schedule

PHASE 3 - 0 to 6 weeks Post-Op

Patient Education/Instructions

- Avoid prolonged sitting to avoid blood pooling
- No lifting over 10 pounds
- Initially use stairs to and from the bathroom only, then gradually increase to one flight of stairs per day
- Gradually begin walking program to increase endurance
- No vaginal sex or tampons for 4-6 weeks
- General education on the pelvic floor, abdominal and bladder anatomy and function,
- if not done pre-op
- Discuss protective padding option if needed
- Review What To Expect After My Bladder Suspension



PHASE 4 - 6 to 12 weeks Post-Op

Therapeutic Exercises/Activities

- Post-op therapy evaluation
- Begin Daily Voiding Log
- Begin Bladder Retraining – encourage 2-3 hour schedule
- Instruction or review of Controlling Urinary Urge
- Surface EMG evaluation of the pelvic floor muscles
- Assess abdominal muscle strength, endurance and coordination with pelvic floor
- Initiation of gentle lower abdominal exercises with simultaneous pelvic floor contraction (Pelvic Brace)
- Posture evaluation to avoid bad postural habits
- General body mechanics instruction for ADL's
- Continued use of surface EMG to further strengthen pelvic floor and abdominal muscles on a weekly basis or as needed
- Practice functional activities without Valsalva
- Progress pelvic floor exercise program

PHASE 5 - 12 or more weeks Post-Op

Patient Education/Instructions

- No limits on activity except Valsalva maneuver
- High impact sports may require MD clearance

Therapeutic Exercises/Activities

- Extensive body mechanics training for lifting, carrying, reaching, bending and other strenuous activity the patient may have to perform
- Progression of abdominal bracing exercises to a more advanced program
- Patient will be taught exercises for home or health club to return to previous level of activity
- Assess need for pessary protection for patients participating in high impact sports