



TREATMENT PATHWAYS FOR POST- OP RADICAL PROSTATECTOMY

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 (days in the hospital)

Patient Education/Instructions

- Catheter approximately 1-3 weeks
- Patients are allowed to get up and walk short distances day 2 post-op
- Do pre-op education if not already done

PHASE 3 - 1 to 6 weeks Post-Op

Patient Education/Instructions

- Avoid prolonged sitting secondary to blood pooling
- No lifting over 10 pounds
- Initially stairs to and from the bathroom, then gradually increase up to one flight of stairs per day
- Gradually begin walking program to increase endurance
- General education on the pelvic floor, abdominal and bladder anatomy and function, if not done pre-op
- Discuss protective padding options depending on amount of leakage once catheter is removed
- Awareness of bladder fullness
- Review What Can I Expect After My Prostatectomy

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
- Progress pelvic floor exercise program

PHASE 5 - 12 or more weeks Post-Op

Therapeutic Exercises/Activities

- Decrease "security padding"
- Extensive body mechanics training for lifting, carrying, reaching, bending and other strenuous activity the patient may have to perform
- Progression of pelvic bracing exercises to a more advanced program
- Patient will be taught exercises for home or health club to return to previous level of activity