

PHYSIOTHERAPY



TAILORED SERVICES
FROM CHARTERED
PHYSIOTHERAPISTS

Pelvic Floor Muscle Exercises
following Prostate Surgery

The pelvic floor muscles are attached to the pubic bone at the front of the pelvis, and to the coccyx (tail bone) at the back. They work to support the abdominal contents and help control the flow of urine from the bladder and faeces from the bowel. They form a broad sling, and as their name suggests, form the floor to the pelvis.

After surgery, it is important to gain good muscle control by starting a daily exercise regime.



WHEN TO EXERCISE

It is important to keep moving as much as you feel able to after your operation. You should be able to resume your normal activities after 4-6 weeks, but this will vary depending on your recovery. Only return to work if you feel able to carry out your duties without any discomfort. As a guide, light office work can be resumed after 2-3 weeks, whereas for heavier manual work you should wait 4-6 weeks.

Your consultant will be able to advise you on when it will be safe for you to continue driving. You should not drive if you experience any discomfort, or are unable to perform an emergency stop safely.

You may start to play light sports, such as golf and swimming, after about a month. Vigorous activities should be avoided where possible for up to 6 weeks after your operation.

HOW TO EXERCISE

Once the catheter is removed, and you are passing urine normally, you are ready to start exercising as follows:

- Internally tighten the muscles around the anus as if trying to stop passing wind. Keep this muscle contracted while you tighten the base of the penis as if trying to stop a flow of urine. This contraction has the effect of raising the testicles and withdrawing the penis internally.
- Alternatively, place the fingers of one hand under the scrotum then do a pelvic floor contraction and you should feel a lift up off your fingers.
- Hold this pelvic contraction for as many seconds as you can (up to a maximum of 10 seconds and 10 repetitions), without holding your breath, tightening your buttocks or your inner thigh muscles.

- You can contract the transversus muscle (the horizontal abdominal muscle) simultaneously with your pelvic floor muscles. The action of transversus is as if you are contracting your navel inwards towards your spine.

As well as “slow” contractions, do some “fast” one second contractions (up to a maximum of 10).

Get used to tightening your pelvic floor muscles after every time you urinate, but don't try to stop mid-stream, as this can cause retention of urine. It is helpful to try and “hold on” for a few minutes before you wish to pass urine.

Always try and use these muscles before and during any activity requiring effort. Avoid heavy lifting until after your post-operative check.

Continue doing your pelvic floor exercises three times a day until your post-op check, and ideally at least once a day for life, aiming to achieve 10 repetitions of a slow 10 second hold and 10 fast contractions. This may take 3-6 months but is well worth achieving for good core stability especially as you become older.

For more information

Contact	Contact Physiotherapy Medical Team
Call	0800 404 6660
Web	www.bmihealthcare.co.uk
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FURTHER HELP AND ADVICE

Your contact physiotherapist is:

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