



# Physical Therapy Interventions Related to Prostate Cancer

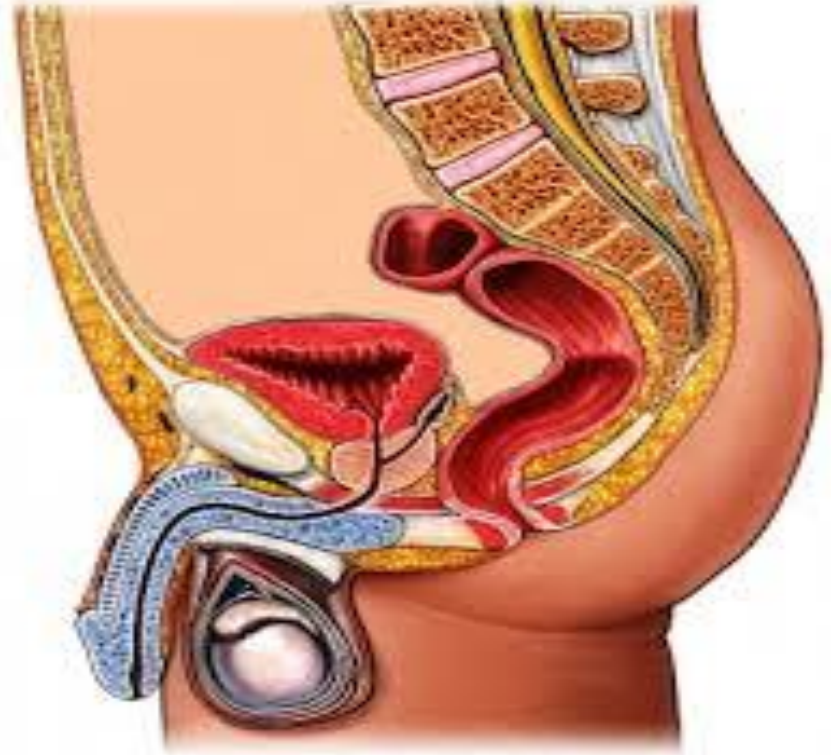
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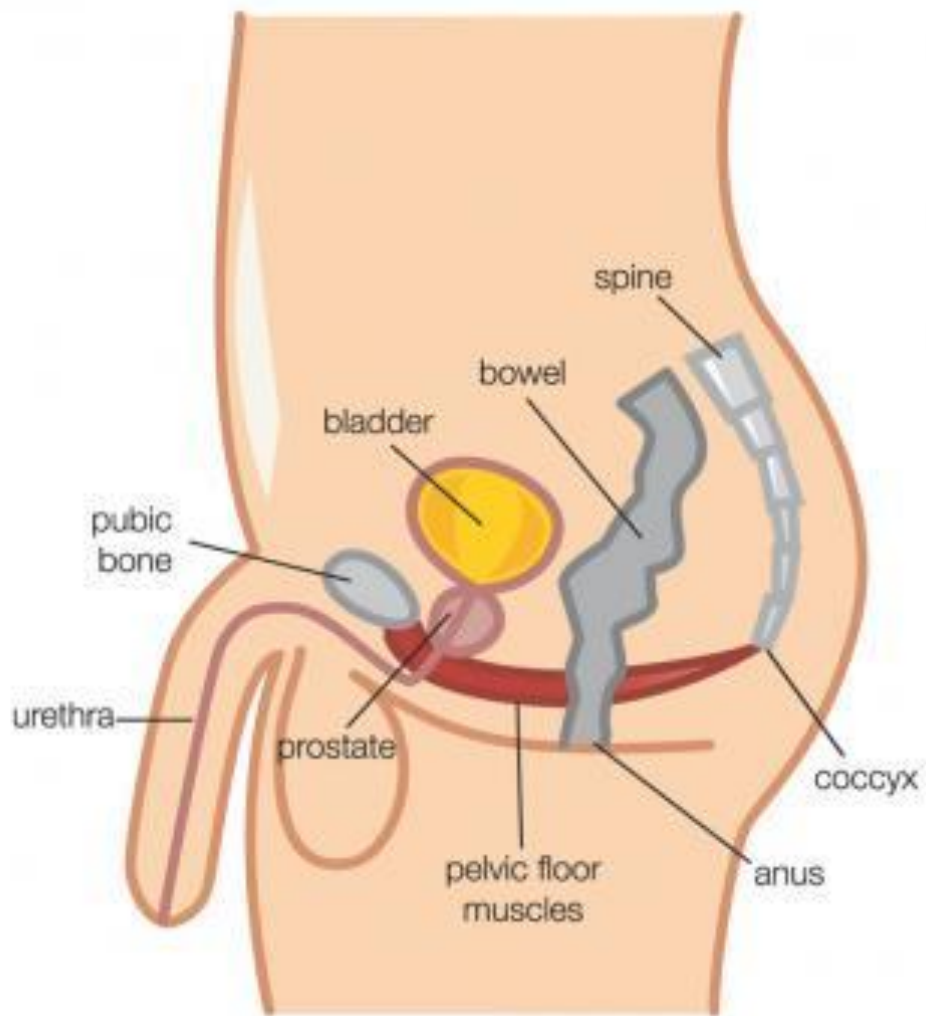
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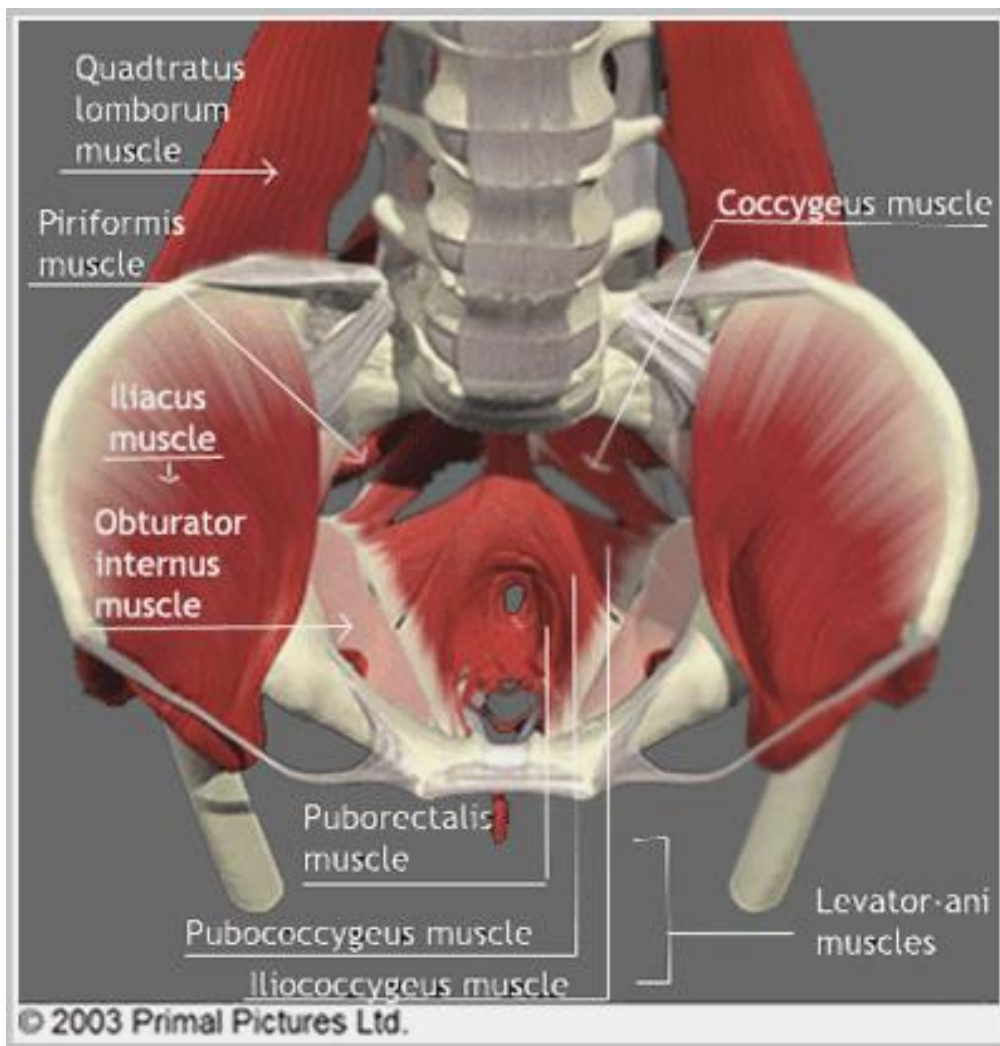
# General Pelvic Anatomy

- Spine
- Intestines
- Bladder
- Prostate
- Urethra
- Pelvic Floor  
Muscles





# Pelvic Muscles and Pelvic Floor Muscles



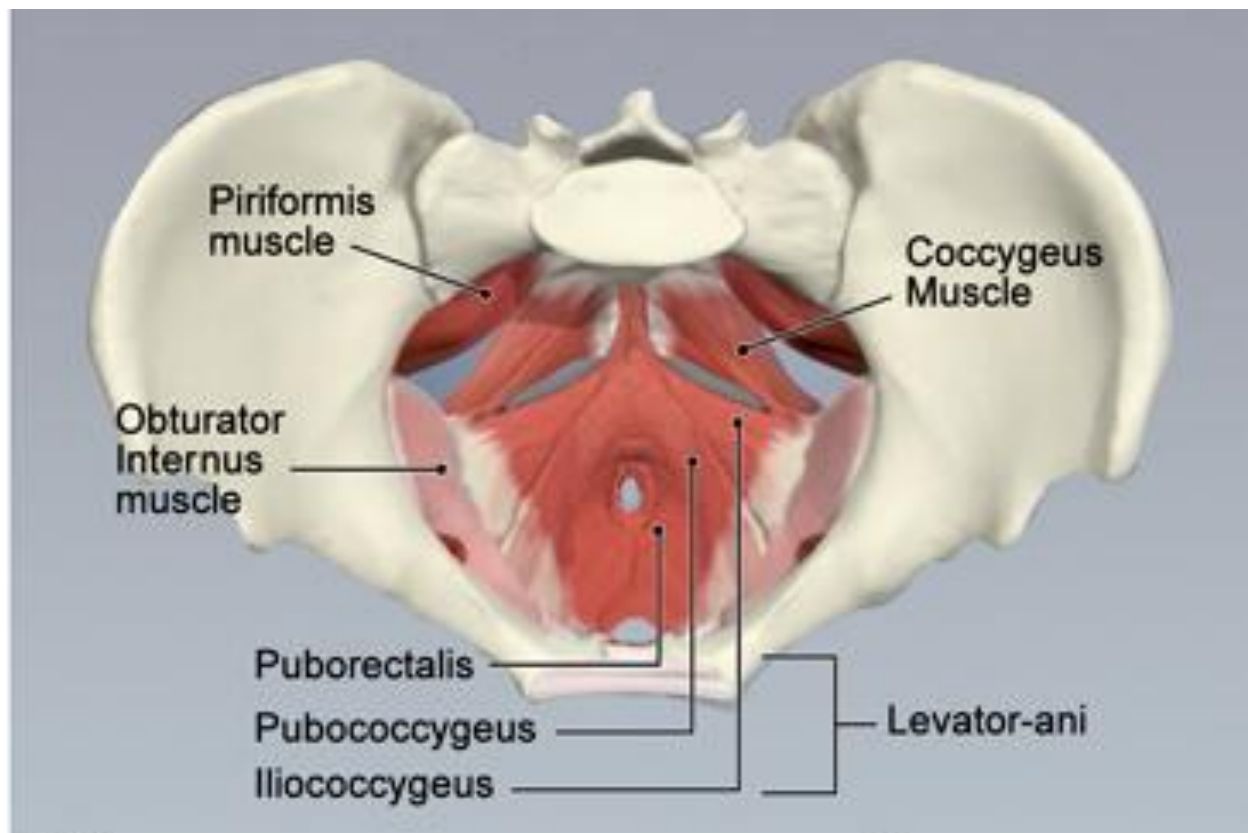
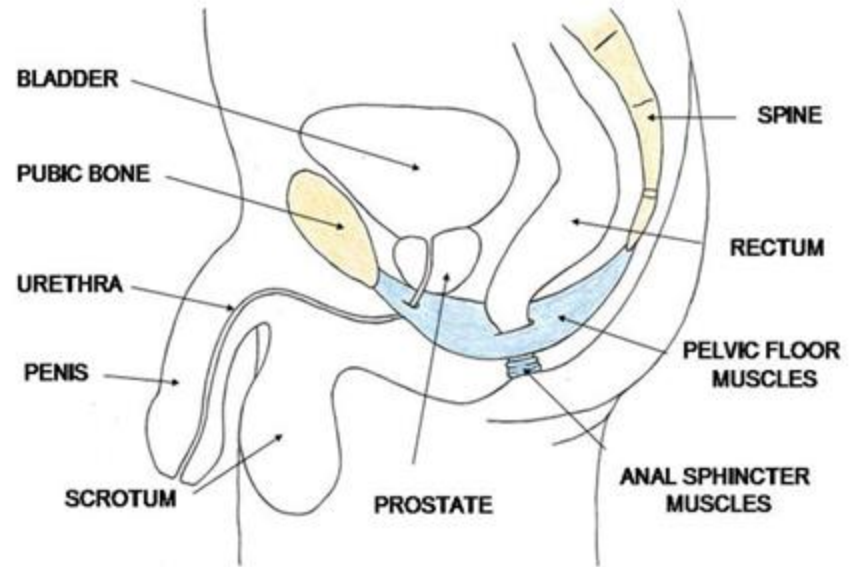


Fig. 2

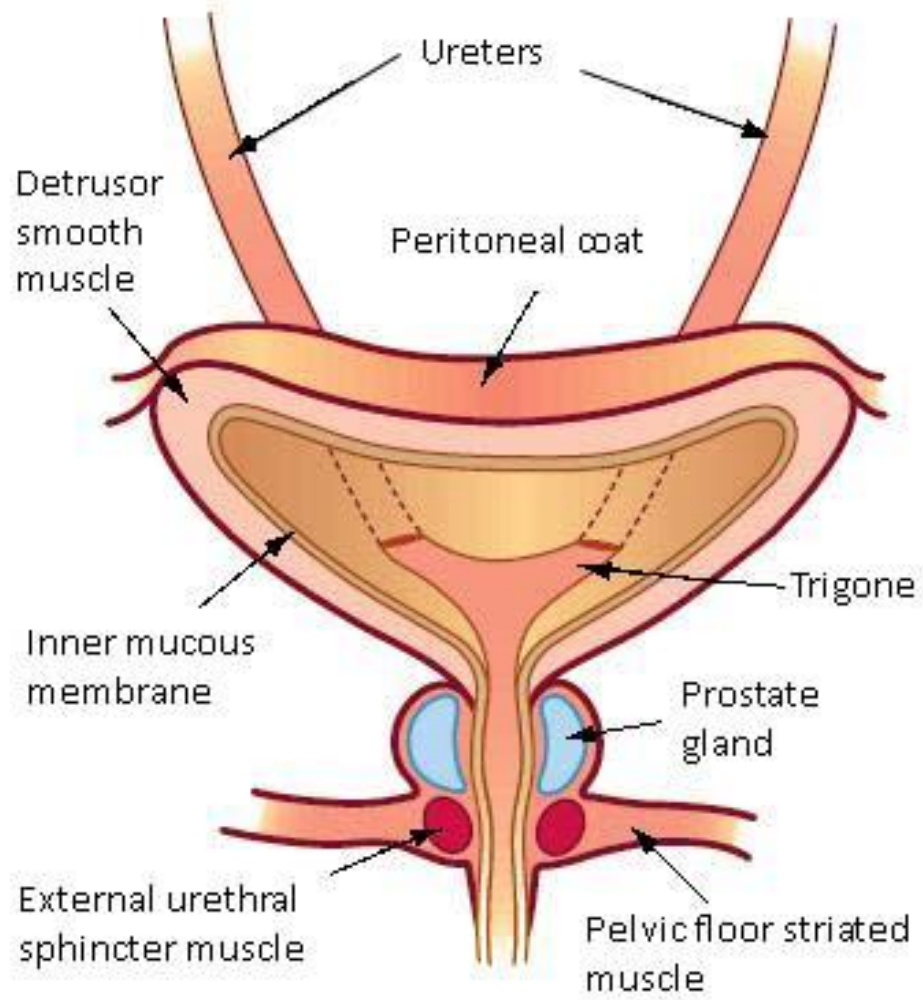
# Pelvic Floor Muscles Relationship to Continence

# Pelvic Floor Muscle Involvement

- Pelvic floor muscles around the urethra
- Fiber integration with the external urethral sphincter







# **Why Physical Therapy?**

Incontinence can be a product of muscular weakness

# Pre Prostatectomy Treatment

- pelvic floor muscle identification
- improved strength to pelvic floor
- avoidance of valsalva
- understanding of bladder health
- proper use of lower abdominal muscles

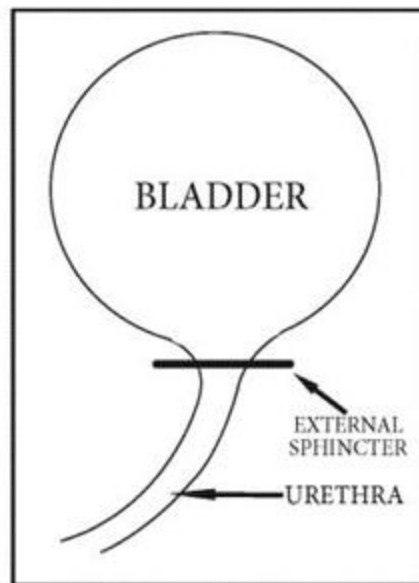
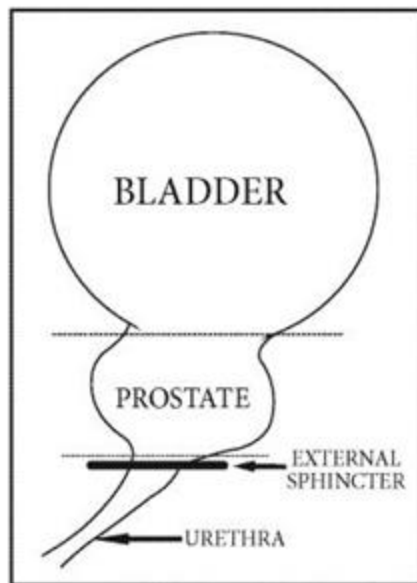
# Post Prostatectomy Issues

- Incontinence
  - stress
  - urge
  - mixed
  - post micturition dribble
- Urinary Frequency
- Urinary Retention

**POST PROSTATECTOMY MALE ANATOMY  
AND IMPORTANCE OF EXTERNAL SPHINCTER  
IN TERMS OF INCONTINENCE**

**BLADDER-PROSTATE-URETHRA**  
Before Surgical Removal of Prostate

**BLADDER-URETHRA**  
After Surgical Removal of Prostate



# Male Urinary Questions

1. When do you lose urine?
  - a. sleeping
  - b. walking
  - c. exercising
  - d. coughing, sneezing, or laughing
  - e. changing positions

# Male Urinary Questions continued

2. What is the amount of leakage of urine?
  - a. number of pads
  - b. saturation of pads
3. What is your fluid consumption during the day?
  - a. type of fluid
  - b. quantity of fluid

# Male Urinary Questions continued

4. What is your frequency of voiding?
  - a. daytime?
  - b. night time?
  
5. Is there an urge present when you void?



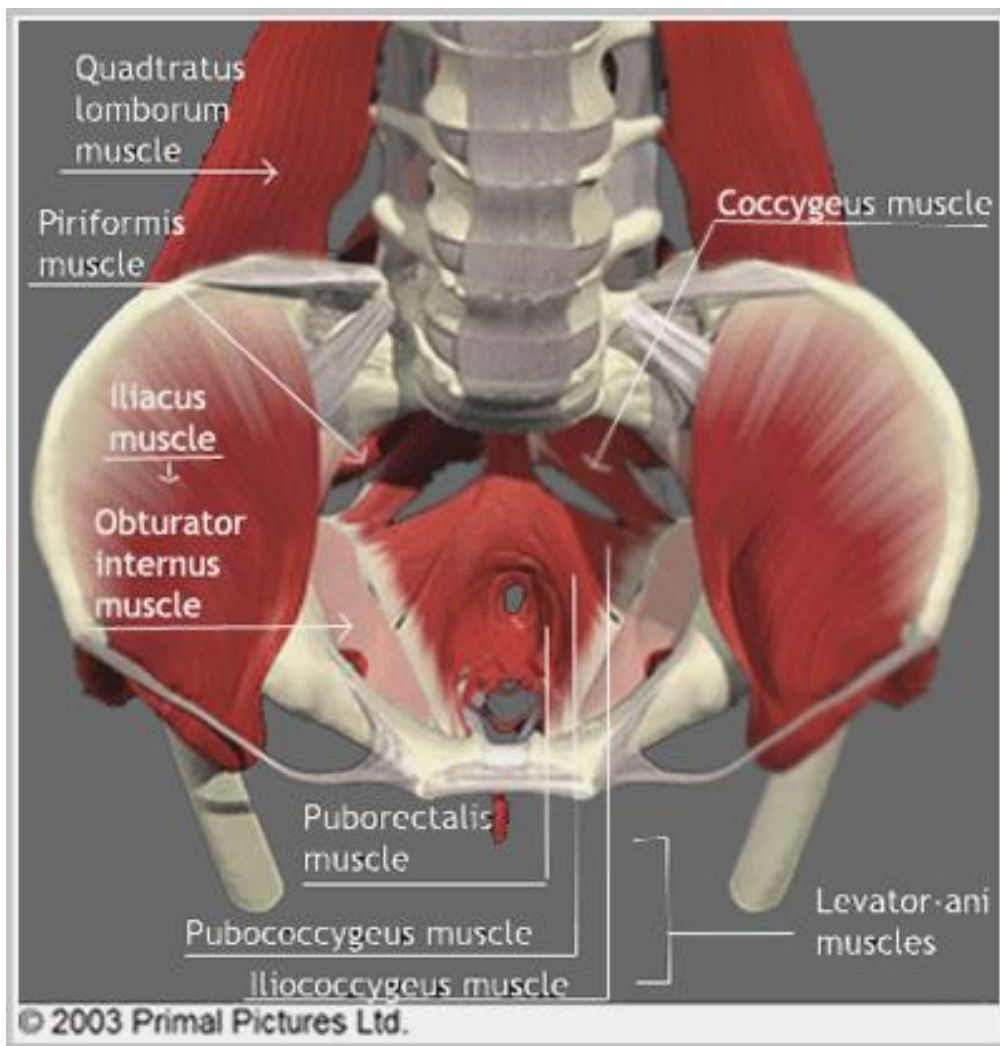
Is Continence only about  
the pelvic floor muscles?

# Elements of Continence

1. Pelvic floor strengthening and control
2. Accessory muscle strengthening
3. Avoiding bladder irritants
4. Proper voiding- urine and stool
5. Avoiding valsalva during functional activities
6. Abdominal wall function

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# Accessory Muscle Exercises

1. Transverse Abdominus contractions
2. Hip rotator exercises
3. Functional activities
  - walking
  - transitions motion activities

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# Bladder Irritants

- caffeine
- carbonation
- alcohol
- citrus based products
- acidic based products

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# How Do You Contract the Pelvic Floor Muscles

- focus on the base of the penis
- think about stopping your urine flow or making your penis move
- no one should know that you are contracting your pelvic floor muscles

# EMG Biofeedback

- surface electrodes placed on the skin
- assist in identifying the pelvic floor muscles
- correct performance of the pelvic floor muscles- both contraction and relaxation to the pelvic floor muscles

# EMG Biofeedback



# Therapeutic Exercise Program

- What position do you exercise in?
- How many contractions do you perform?
- How long do you hold the contractions for?
- How many times a day do you exercise?

# Summary for Good Continence

- Identification of pelvic floor muscles
- Strength to pelvic muscles and pelvic floor muscles
- Avoiding bladder irritants
- Good fluid consumption
- Avoid valsalva
- Consistency of performance of exercises