

Your Program Includes

- Spending one-on-one time with Bill Landry, BScPT, BScH, MCPA, CAFCI, CWCE, MICS, our Continence Physiotherapist
- Reviewing the reasons behind urinary incontinence post prostatectomy and why pelvic floor exercises are important in your recovery
- Education on the latest exercises specifically for men after radical prostatectomy. These exercises are more specific than the standard Kegel exercises originally developed for women back in the 1960's
- Looking at your pelvic floor using ultrasound imaging where you will be able to identify if you are doing the exercises correctly or not
- Discussing an objective way of measuring the amount of leakage you are having over time and comparing where you are to other men post prostatectomy

The Assessment takes approximately 45-60 minutes and follow up appointments are usually 20-30 minutes. Most men are discharged after 2-3 appointments over 3 months.

Check your extended health care plan to see if you have physiotherapy coverage.

Costs

Initial Assessment: \$120.00

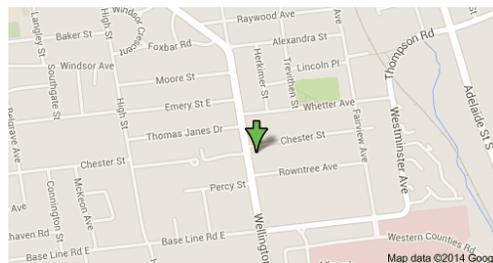
Follow Up Appointments: \$70.00

Each appointment includes diagnostic ultrasound imaging of the pelvic floor looking at its function, strength, and tone while performing various exercises.

Our Post-Prostatectomy Continence Recovery Program can be covered under your physiotherapy health care plan.

Contact us today to talk with our rehab specialist, Bill Landry, to see if this program is right for you.

Location



We are located just down the road from Victoria Hospital Campus

310 Wellington Road South
London ON N6C 4P4
Phone: 519-439-6111
Fax: 519-439-2111

Post-Prostatectomy Continence Recovery Program

www.fpclondon.com

*Leaking after Radical
Prostatectomy?*

We can help.

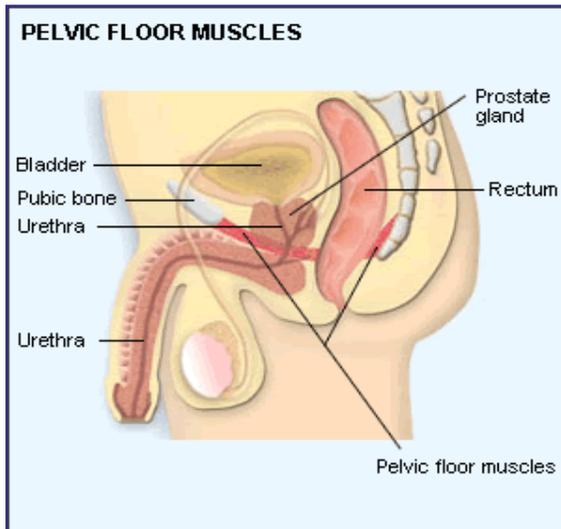


**Family Physiotherapy
Centre Of London**

Delivering Only Premium
Rehabilitation Services

What are pelvic floor muscles?

You can see where your pelvic muscles are in the picture below.



- Pelvic floor muscles hold your bladder and bowels in place.
- These are the muscles you tighten to stop rectal gas or urine flow.
- Pelvic floor muscles (and the external urinary sphincter) contain fast twitch and slow twitch muscle fibres.
- ***We need to strengthen these muscle fibres differently.***

We will show you how!

Why Exercise?

- Pelvic muscles become weak and sag after bladder or prostate surgery. We need to work on increasing tone at rest while sitting, standing and walking
- Weak muscles and a urethral sphincter that is unable to maintain a threshold tone will give you less control of your bladder
- With **weak muscles** and **poor motor control**, you may leak urine when you cough, sneeze, laugh or exercise
- Your brain needs to learn a new method of preventing urinary incontinence – **motor learning**
- Studies have shown several types of muscle fibres within the pelvic floor and external urethral sphincter: Slow Twitch and Fast Twitch type skeletal muscles. Each requires a different way of exercising.
- ***You will learn exercises that specifically address the issues of endurance, increasing tone, motor learning and strength***

Ultrasound Imaging

- We use trans-abdominal ultrasound to visualize your pelvic floor and bladder in real time



- This means that you can see if you are doing the exercises correctly
- We have found that, on average, 7 out of 10 men are over-activating their abdominal muscles and not performing the Kegel exercises correctly post radical prostatectomy
- ***You will be 100% confident that you are doing the exercises correctly after the first visit using diagnostic ultrasound imaging***