

Post-Prostatectomy Rehabilitation

Men experience urinary incontinence and erectile dysfunction following a radical prostatectomy in about 80% of men according to the statistics. The good news is that research also shows that pelvic floor physical therapy can reduce the incidence of these disorders if done prior to surgery. Several studies have shown that post-surgical pelvic floor PT can reduce or eliminate incontinence and restore erectile function. As a result, physical therapy should be considered part of the surgical process. The physical therapists at Complete PT are trained to identify musculoskeletal issues that can cause ED and develop an individualized treatment plan.

Evaluation and Treatment

During a patient's first appointment a physical therapist will take an extensive medical history. Following the history, the physical therapist will perform a thorough musculoskeletal and neurological examination.

Your initial evaluation may include:

- Postural and structural assessment
- Evaluation of connective tissue in the abdomen, back, pelvis and lower extremities
- Myofascial evaluation of the pelvic girdle muscles
- Examination to identify myofascial trigger points in the pelvic girdle and pelvic floor muscles
- Pelvic floor examination to assess muscle tone (internal possibly per patient consent), motor control, strength, nerve and coccyx tenderness
- Evaluation of muscle strength
- Skin inspection
- Peripheral altered neurodynamics testing/palpation

Don't hesitate to call Complete PT or email with any questions. Please allow us 24 hrs to respond our staff and therapists are happy to answer any questions.