

## Referrals

- Claimable through extras cover.
- No referral is required, although you may like to discuss with your urologist or local doctor, prior to commencing the program.
- While a referral is not necessary, we do accept referrals made by surgeons, specialists or general medical practitioners. Referrals can also be received from hospitals after an inpatient stay.

### Ramsay Health Plus Tunstall Square

Shop 54 Tunstall Square Shopping Centre,  
Cnr Doncaster and Tunstall Road, Doncaster  
East VIC 3109  
P: (03) 9916 2402  
F: (03) 9916 2403

### Ramsay Health Plus Martin Street

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Heidelberg VIC 3084  
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[ramsayhealthplus.com.au](http://ramsayhealthplus.com.au)



MR0027951 RHP Prostatectomy 4PP DL Flyer

## Physiotherapy for Prostate Cancer Surgery

In partnership with  
Donvale Rehabilitation Hospital



[ramsayhealthplus.com.au](http://ramsayhealthplus.com.au)

## Prostatectomy

Surgery to remove the prostate gland is called a prostatectomy, and it is one of many different treatment options available for prostate cancer. While surgery is effective and potentially curative for prostate cancer, some side effects are to be expected. These may include:

- Loss of bladder control (incontinence)
- Changes to sexual function (erection and ejaculation problems)

## Physiotherapy

The pelvic floor muscles play an important role in bladder, bowel and sexual function. Training these muscles under the supervision of a qualified physiotherapist can reduce urinary incontinence and erectile dysfunction – particularly when commenced before surgery.

Your physiotherapist will be able to provide you with:

- Education about what to expect before and after surgery
- Advice about lifestyle modifications
- Assessment and training of the pelvic floor muscles
- Bladder training
- Penile rehabilitation

The cancer experience can be a difficult journey and is not the same for everybody. Fortunately, your physiotherapist will be able to identify your individual concerns and work with you to establish and achieve your goals.

## Consultations

- **Before surgery:** Ideally you will attend 1 - 2 consultations approximately 4 - 6 weeks before surgery, for a full assessment and to commence your pelvic floor muscle training. If you can't attend within this time frame, you will still benefit from physiotherapy after surgery.
- **After surgery:** You will attend physiotherapy after removal of your catheter. The number of consultations needed will vary from person to person. Typically, you will attend at least 3 consultations. These occur at roughly 2, 6 and 12 weeks after surgery.

