

physio



personal care
for personal health

she

Men's Bladder and Bowel Problems

Prostate surgery – rehabilitation for pelvic floor, pelvic pain. Bladder and Bowel leakage, Bladder urgency.

What is it?

Men can experience many of the bladder and bowel problems that women also experience.

Unique to being a man is experiencing problems related to Prostate enlargement.

Prostate Surgery is usually done to remove a growth within the prostate gland. The growth may be benign or cancerous.

It is important to see your local doctor or urologist/surgeon for an accurate diagnosis before seeing SHE.

What can SHE do?

You will be assessed before and after surgery. This involves an internal assessment.

There is a definite advantage in understanding how your pelvic floor muscles should and do work prior to having surgery.

You will learn to exercise your pelvic muscles correctly.

You will also learn to relax to pass urine.

Any other urine or bowel problems will be assessed and management strategies will be suggested.

You will learn exercises and procedures for your stay in hospital.

You will be given specific instructions for your post-op time at home.

You will learn techniques that help with urinary incontinence and erectile dysfunction.

What can I do before seeing SHE?

DO NOT strain to pass urine.

PRESENT TO ACCIDENT & EMERGENCY AT A HOSPITAL OR CALL YOUR SURGEON IF YOU ARE UNABLE TO PASS URINE.

Drink and eat well. Get adequate exercise and rest.

Discuss your concerns with your partner. Continue a loving relationship with the people that you love.

**** See your local doctor if you suspect urinary infection.*

Things to note:

Please bring your blood test results with you.

Please think about the level of effort required to pass urine or bowel motions before you come to see SHE.

PH: 0408 465 312

She Physio + Pilates, 41 Canterbury Road, Middle Park

she@shephysiopilates.com

shephysiopilates.com