



Male Pelvic Floor Physical Therapy

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Objectives

- Share my background and interest in male pelvic floor physical therapy
- Discuss and review prostate cancer and common symptoms after treatment
- Explain pelvic floor muscle function and relation to symptoms
- Provide insight into how pelvic floor physical therapy can help



Prostate Cancer Background

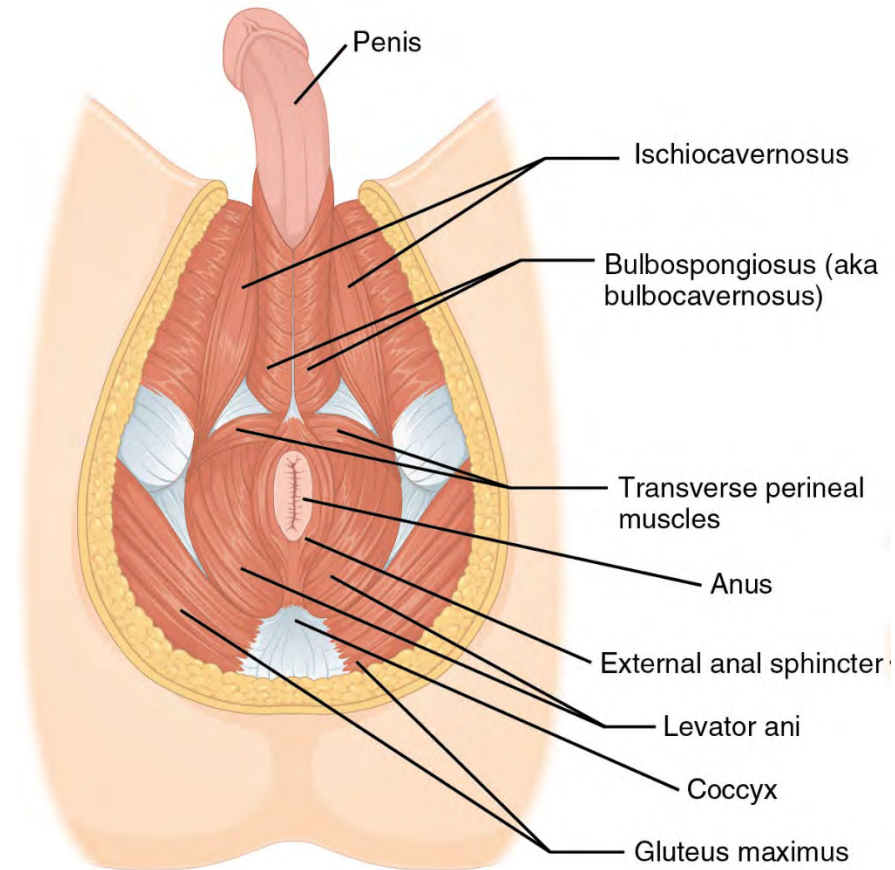
- Most common cancer in men in the U.S.
- \$3.8 billion/year economic impact of prostate cancer in U.S.
- Low mortality rate ~3%; survivors make up 20% of all cancer survivors
- Various medical treatments

Potential Side Effects/Symptoms

- Incontinence
- Erectile dysfunction
- Pain or discomfort during urination or bowel movements
- Fatigue
- Depression

Male Pelvic Floor

- Superficial and deep layers
- Two muscle fiber types
- Multifunctional
 - Supportive with abdominals
 - Sphincter
 - Sexual



Pelvic floor muscle dysfunction

- The role of the prostate in urinary function
- Pelvic floor changes after prostate treatments

What Will Physical Therapy Do?

- Evaluate baseline strength and control of muscles
- Ensure Kegels are done properly, the best dosage, and progressed
- Utilize biofeedback
- Return to general exercise
- Tune up past program/resolve residual symptoms

“We are the same man, but different; we are fundamentally, emotionally, and spiritually moved by our experiences. We are on a journey that was not our choice, but on a path to recovery that we have chosen for ourselves.”

References

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Ribeiro L.H., Prota C., Gomes C.M., et al. Long-Term Effect of Early Postoperative Pelvic Floor Biofeedback on Continence in Men Undergoing Radical Prostatectomy: A Prospective, Randomized, Controlled Trial. *Uro*. 2010;184,1034-1039.

Questions?



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