

What to expect at your Pre-Prostatectomy Physiotherapy Appointment

The 1-hour appointment will provide all the information and training in pelvic floor muscle exercise needed before surgery.

The pelvic floor muscles are scanned on Transperineal Ultrasound to make sure you have the technique correct. An individualised program will be developed for you based on the findings of this assessment.

The ICIQ-MLUTs questionnaire you completed will be reviewed with you and there will be plenty of time to ask questions..... and remember.....no question is a silly question! You will be sent home to complete a bladder diary which can be returned via email or mail.

After Surgery

At the first visit an appointment will be made for a follow up 1-2 weeks after catheter removal. This will be a 30-minute appointment.

We ask you to complete a pad weight diary and another bladder diary in preparation for this appointment.

Ongoing Physiotherapy support and training aims to help men achieve complete bladder control and can also assist with Erectile dysfunction.

Here at Full Circle Pelvic Physio and Clinical Sexology we are very mindful that this can be a very stressful time for you and your family.

We are committed to providing the most relaxed, supportive and caring environment and strive to provide up to date, evidence-based information and training to support you on this journey.

Please feel free to contact us at **fullcirclepelvicphysioandsexology@gmail.com** prior to your appointment if you have any questions or concerns.