



Information sheet: Prostate surgery

Prostate surgery (pre and post operative physiotherapy)

Incontinence can be an embarrassing consequence of this surgery. The symptom of accidental leakage of urine can be embarrassing and the best way to deal with this is to be prepared and learn how to minimize it.

I understand that most men find it embarrassing and difficult to talk about so we will spend time understanding the fundamental workings of the bladder, anatomy of structure and normal function.

I can work with you to develop an individual programme to suit your needs and advice about exercise in general.

A functional pelvic floor muscle can also help to enhance the quality of an erection which can be an issue after this type of surgery.

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