

Pelvic Floor Physical Therapy

PRE AND POST PROSTATECTOMY

Prostate cancer is one of the most common types of cancer and is the number one diagnosed cancer for men in the United States. When surgery is required, physical therapists can help you gain physical strength and flexibility and support your post-op recovery. Some secondary issues that can result from surgery may include:

- Urgent need to urinate
- Frequent urination, especially at night (Nocturia)
- Erectile dysfunction
- Pelvic pain
- Low back and hip pain and/or stiffness
- Bowel problems
- Skin irritation

WELLNESS AND REHABILITATION:

Our goal is to improve pelvic health by providing help with unwanted changes that result from prostate cancer treatment. We design an exercise program for you to support recovery and assist you to returning to the activities you enjoy. We use Ultrasound Imaging and SEMG biofeedback to help you regain your pelvic floor muscle strength to improve urine control.



WHAT TO EXPECT:

Before your visit, we request that you complete forms that list your history, current symptoms and concerns. This information will help the physical therapist with your evaluation. At your initial physical therapy visit, you and your therapist will discuss any concerns.

The therapist will explain all evaluation and treatment options to help you make informed decisions, and your healthcare team will work with you and your referring healthcare provider to determine your plan of care.

EDUCATION IS KEY DURING YOUR INITIAL VISIT:

- On the anatomy of your pelvic floor muscles and changes that occur after surgery
- On how to use your muscles to regain urine control
- On skin protection and incontinence products
- On the exercises in your program, how they help you, and how you can do them at home

SCHEDULING AN APPOINTMENT:

Talk with your healthcare provider about your concerns and request a referral for pelvic floor physical therapy. You can return the referral in person, by fax or email to the Keck Center. Most insurance plans are accepted. Before your first visit, be sure to contact your insurance provider to discuss any out-of-pocket expenses.

CONTACT INFORMATION:

CRH Keck Center for Outpatient Services

ADDRESS: 2415 De La Vina St., Santa Barbara, CA 93105

EMAIL: pfptinfo@sbch.org

FAX: 805-687-5627