

Tips for Everyday Life:

1. General

A general foot exercise has a reflex positive effect on the pelvic floor (better circulation, etc.).

Physical exertion increases pressure in the abdomen and thus on the pelvic floor. If you lose urine during the effort, then tighten (before lifting, carrying, etc.) the pelvic floor to secure the continence.

2. To ensure continence when coughing or sneezing, the following is recommended:

Turn your head back with an upright spine. Look up, as in the polite form of coughing. In this position the pelvic floor keeps coughing or sneezing activated

3. When lifting and carrying keep the following rules in mind:

For the next 6 weeks you should completely avoid lifting and carrying heavy objects (interferes with wound healing). When carrying and lifting light objects, spread the weight on both arms, carry the object close to the body and lift while exhaling.

Drink enough throughout the day (at least 2-3 liters). No drinking an hour before going to sleep avoids getting up at night. Coffee, tea and alcohol have a diuretic effect.

Incorrect sitting promotes incontinence.

4. Correct Sitting:

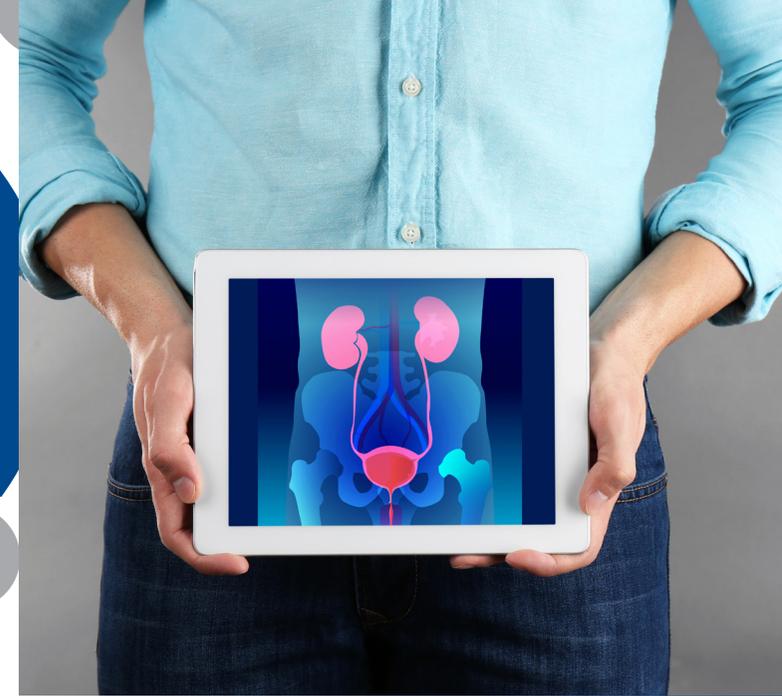
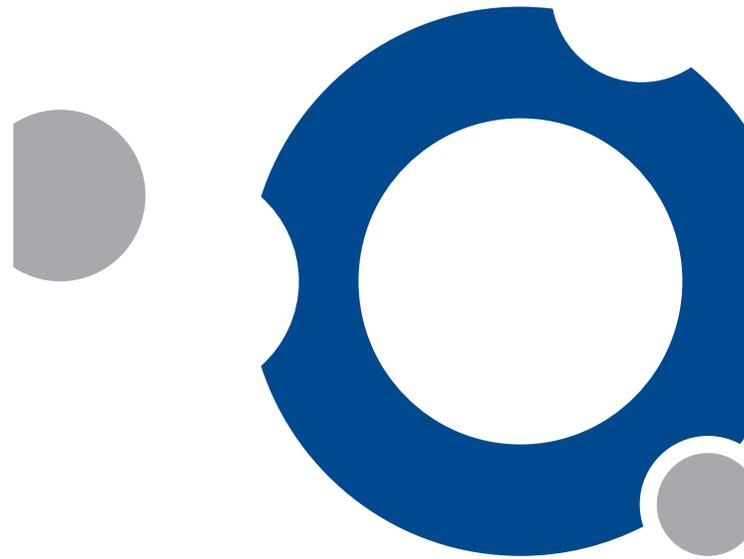
Sit with legs aligned to hips, spine must be straight over the pelvis.

When defecating do not press the upper body in the reclining position (towards toilet lid).

The training of the outer sphincter and pelvic floor can take months, „Good things come to those who wait“.

Good luck practicing!

Your physiotherapist at Ingolstadt Hospital



We are here for you!

To schedule an appointment or have a question? Get in touch with us, we are gladly there for you!

Contact

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Physiotherapy treatment after Prostate Surgery

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General Information :

- During the exercises, no pain should occur.
- To ensure continence, regular training is essential!
- Urination should be avoided while practicing!

1. Pelvic Floor Exercise:

Pelvic Diaphragm Synergism:

- Choose a comfortable home position and close your eyes.
- Now breathe in and out smoothly and evenly.
- During inhalation, the diaphragm lowers, pressure in the abdominal cavity increases and the pelvic floor moves slightly downward due to this pressure and increases without losing its basic tension.
- When exhaling the diaphragm moves back up, the pressure in the abdominal cavity lowers and the pelvic floor returns to its original position.
- Let your breath flow now and try to sense the movement of the diaphragm and pelvic floor.
- Slowly mentally come back into the room, loll and stretch and open your eyes.

The "Elastic Net":

- Choose a comfortable starting position again and close your eyes. Once again breathe in and out calmly.
- Place your hands right and left of the greater trochanter (at this level your pelvic floor muscles are located in the pelvis).
- Imagine that you are spinning a thread into the pelvis at hand level, from right to left and from left to right (from one iliac wing to the other), from front to back and from back to front (from the coccyx to the pubic bone).
- Weave the net tightly until the entire pelvis is lined elastically.
- Now consider how your elastic network is moved by breathing, with inhalation it is moved slightly downwards by the air flow, with exhalation the air flows out of the abdomen and the net rises again.
- Let your breath flow smoothly and evenly, and watch the web rise and fall in your pelvis.
- Now come back to the room, lolling and stretching and opening your eyes.

2. Activities for Pelvic Floor Stimulation and Strengthening:

"Blink":

- Concentrate on your urethral sphincter: Imagine that suddenly you would have to break the urine stream while urinating, the muscle that you are now mentally activating, that is the urethral sphincter.
- Now try to close the urethra and open it again. Do you need much or little strength?
- Now you close the urethra only slightly, as if you were blinking with your eyes, this is almost effortless.
- „Blink“ your sphincter a couple of times, then take a break.
- If the exercise works well while lying down, do it while sitting or standing up.

"Elevator":

- Think of your pelvic floor as a building with a lift.
- Tighten the pelvic floor once (the lift goes all the way up).
- Now try to divide this tension into „floors“ through which a lift passes.
- The elevator starts down on the „ground floor“ and moves to the first floor (slight pelvic floor tension), where it stops for a moment and then goes down again.
- Gradually let the elevator go up one floor at a time until you have reached the upper floor and then back to the ground floor.
- Next, go to a floor of your choice and stay there for four to five seconds before moving one floor down Here you stop again briefly and then go to the ground floor.
- So you can continue to do the exercise - you go to a floor of your choice, sometimes all the way up and hold it there briefly. Before you go back to the ground floor, you can stop by on other floors.
- Vary the speed with which the elevator moves.

Practice the lift in different postures (lying, sitting, standing). If the exercise works well, you can use the elevator as a variant to go to a floor, stop there and change the body position (from lying down to sitting, etc.) before releasing the tension again.

Other variants:

- From sitting to standing
- Shift weight from one leg to the other
- Walking: slow, fast - climb stairs.

Perform the exercises at least three times a day for 10 minutes each, and consciously take some relaxation breaks between the exercises.

The exercises can be integrated into everyday life (standing at the cash register in the supermarket, sitting in the car, etc.).

General boost: Do the exercises with a filled bladder and do not allow urine leakage.

