

physiotherapy and prostate cancer

Physiotherapy has an important role to play in supporting blokes with Prostate Cancer, including those undergoing active treatment. The information below is designed to help you understand the role that Physiotherapy has to play in regards to general exercise, urinary continence, sexual function and pain management.

general exercise

General exercise includes aerobic (cardiovascular) training and resistance (weight) training. For someone suffering from Prostate Cancer and undergoing treatment, there are numerous benefits of a well-designed exercise program, including:

- Improving health and fitness
- Self-esteem and general Quality of Life (including sexual function)
- Reducing fatigue, managing pain and addressing other side-effects of treatment
- Improving mood and reducing depression, and;
- Reducing the risk of developing new and recurrent Cancer (that is, legitimately improving survival rates!)

The [Clinical Oncology Society of Australia](#) recommends that all Cancer patients should have an individualised general exercise program designed by an Exercise Physiologist or Physiotherapist.

urinary continence

Consideration of urinary continence (the ability to control your bladder) can be an important issue for many men undergoing Prostate Cancer treatment. When undergoing surgery and/or radiation, men are often warned about the possibility of issues. These days, the research evidence is mounting - Physiotherapy has an important role to play before and after Prostate Cancer surgery. For more on this topic, please review our information on [prostate cancer surgery, physiotherapy and your pelvic floor](#).

When it comes to urinary continence, Physiotherapy can offer more than just before and after surgery pelvic floor management. Many other urinary symptoms (such as urgency and frequency following radiation) can be tackled with help from a well-trained Men's Health Physiotherapist.

sexual function

Erectile dysfunction is a challenging problem for many older men, especially after Prostate Cancer treatment. Surgery, for example, can impact the cavernous nerves (erection nerves) in the medium to long-term. The nervous tissue of our bodies can take a long time to recover, and it's important to *maintain the system* in the meantime. Penile rehabilitation (maintaining a healthy penis) is a critical component to a comprehensive post-operative recovery plan.

Your Urologist is well placed to talk to you about this topic, and they may even choose to prescribe you some medications. An appropriately trained Physiotherapist can also provide complimentary advice and support about comprehensive management strategies.

pain management

Long before Physiotherapists moved into the world of Male Pelvic Health, we were treating people with musculoskeletal pain. Almost everyone experiences pain in their lifetime, and especially those with chronic conditions (such as Prostate Cancer), undergoing complex treatment regimes.

Pelvic pain is an all-too-common story for Prostate Cancer patients. Alongside specialist input from your Doctor(s), a Men's Health Physiotherapist can often help to address pelvic pain via education, manual therapy and therapeutic exercises.

what do i do if i have more questions?

If you have more questions regarding the role of Physiotherapy and Prostate Cancer, you can talk to your treating Doctor or contact a Men's Health Physiotherapist. On the Darling Downs and in Toowoomba, Men's Health Physiotherapy Toowoomba (mhPT) provides expert and dedicated services to this patient group. Please feel free to contact our clinic on the details above if you have any questions, or if you'd like to book an appointment.