

## A Gentleman's Guide to **Pelvic Floor Exercises** Prior to prostate surgery

You have been referred by your doctor to the urologist (a specialist consultant in bladder, kidney and prostate health) for further investigations which may result in prostate surgery.

This type of surgery can have an effect on bladder control. Practicing pelvic floor exercises now can help to strengthen these muscles leading to better bladder control after any investigations.

### Where are my pelvic floor muscles?

The pelvic floor is a sheet of muscles that extend from your tail bone (coccyx) to your pubic bone at the front, forming a 'platform' between your legs. It provides the floor to your pelvis (the bottom part of your abdomen/tummy), and supports your bladder and bowel.



### How do I undertake contract my pelvic floor exercises?

#### Slow Exercises

- Tense the muscles and be aware of the tightening and lifting sensation. Aim to hold this tension for 10 seconds
- Slowly relax the muscle and experience a feeling of letting the muscle release and rest for 10 seconds
- Repeat the tensing, lift and hold stage and the rest stage 10 times.

If you cannot hold for 10 seconds, start with 5 seconds and 5 repetitions then gradually build up to a full 10 second hold

#### Fast Exercises

- Repeat the same action of tensing and lifting but this time just hold for 1 second hold then release

The Slow and Fast exercises should be done 4 times a day.

### What if I need further advice?

If you required further support after your surgery contact Locala's continence Advisory Service on:

030 3003 4347 or Visit our website page <http://www.locala.org.uk/your-healthcare/continence-advisory-service/>