Physical Therapy for Post-Prostatectomy

**Bladder Goals:**
- Drink at least ___ cups of liquid per day, primarily water
- Try to avoid bladder irritants which include: coffee, tea, pop, alcohol, artificial sweeteners, and beverages like Crystal Light
- Work towards voiding every 3-4 hours for a daily total of 5-8 times
- Avoid waking at night to urinate. Make sure you discontinue drinking at least 1 hour before bed and urinate before getting into bed
- Leakage is expected. It should gradually get better over time.
- Wear an incontinence pad or undergarment as needed. Slowly wean down on absorbency type and number of pads per day (as able)
- Other: ____________________________

**Bowel Goals:**
- Goal: a formed, soft stool that passes easily!
- Avoid constipation and straining while defecating. If you are straining, increase fluid intake and fiber (fruits & vegetables)
- If you continue to be constipated/strain despite increasing fiber and fluids, you may consider an over the counter fiber supplement such as Metamucil
- Other: ____________________________

**Pelvic Floor Exercise Goals:**
- Pelvic Floor Muscles are important for bladder control & for support in the pelvis
- Daily goal for Kegels: ___ reps
  - Quick Squeeze: 2 second hold, 4 second rest
    - 10 reps x ___ sets
  - Endurance Hold: 10 second hold, 10 second rest
    - 10 reps x ___ sets

**Cardiovascular Exercise Goals:**
- Light activity as tolerated for the first 10 days after surgery (walking). Don't lift anything heavier than a gallon of milk for the first 7-10 days after surgery. Slowly increase activity levels as able until return to normal activity. **DO NOT ride a bicycle for 3 MONTHS after surgery.**