Physical Therapy for Pre-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
- Void every 3-4 hours for a daily total of 5-8 times
- Avoid urinating at night. Make sure you discontinue drinking at least 1 hour before bed and urinate before getting into bed.
- Other: ___________________________________________ 

Bowel Goals:
- Goal: a formed, soft stool that passes easily!
- Avoid constipation and straining while defecating. If you are straining, you need to 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. Becoming proficient at these exercises before surgery will aid your recovery
- 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:
- Try for 30 minutes of cardiovascular exercise a day, most days of the week. Examples include: walking, bike riding, running, etc.

Reminders:
- Following surgery, you will have a urinary catheter for 1 week. During this time, DO NOT do any Kegels and do not lift anything heavier than a gallon of milk for 10 days. Slowly increase after 10 days. No bike riding for 3 months.
- Follow-up for your Post-Prostatectomy appointment with your Physical Therapist as prescribed by your doctor!