

Understanding Prostate Cancer, Treatments, and the Impact on the Male Pelvic Floor

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Who am I?

- Physical Therapist
- Strength Coach
- Male Pelvic Floor Specialist



Introduction

- Prostate Cancer and its prevalence.
 - About 1 in 8 men will be diagnosed with prostate cancer during their lifetime
- 4th Most Common Diagnosis Worldwide

Prostate Treatment Options Overview

- **Active Surveillance**
 - monitoring approach where you and your doctor regularly monitor the cancer for signs of progression
- **Surgery**
 - Radical Prostatectomy
 - Laparoscopic Radical Prostatectomy
- **Radiation**
 - This treatment uses high-energy rays to kill cancer cells
- **Hormone Therapy**
 - Lowers certain hormone (testosterone) levels in the body that can fuel growth of cancer
- **Cryotherapy**
- **High-Intensity Focused Ultrasound (HIFU)**

The Effects

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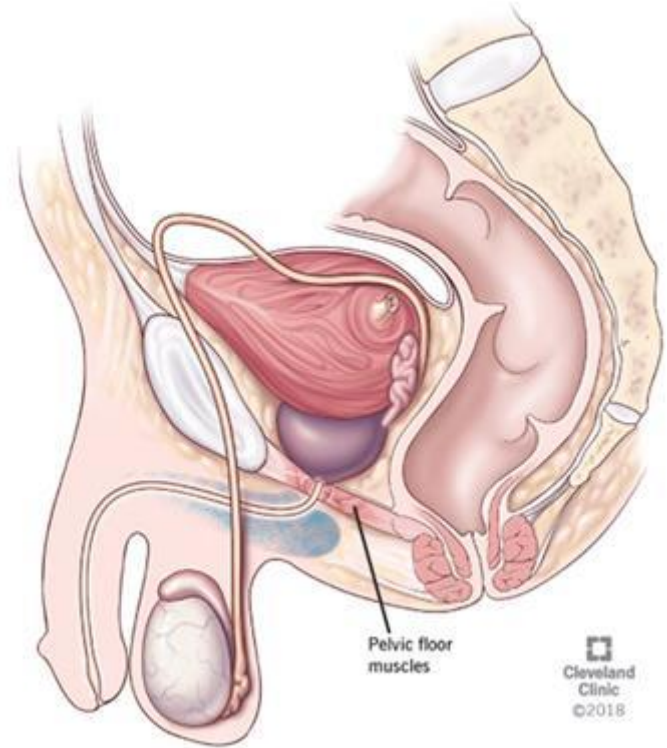
- The Good: remove or treat the cancer
- The Not-So Good:
 - Urinary Incontinence
 - Erectile Dysfunction
 - Loss of Bladder Control
 - Pain with Urination
 - Pelvic Pain
 - Nerve Damage
- *These vary widely*



Understanding the Pelvic Floor:

The pelvic floor muscles and their role in urinary and sexual function.

The importance of maintaining a healthy pelvic floor for overall well-being.



Role of Male Pelvic Floor Physical Therapy:

Explain the concept of pelvic floor physical therapy.

Specialized exercises and techniques can help improve pelvic floor function in men.

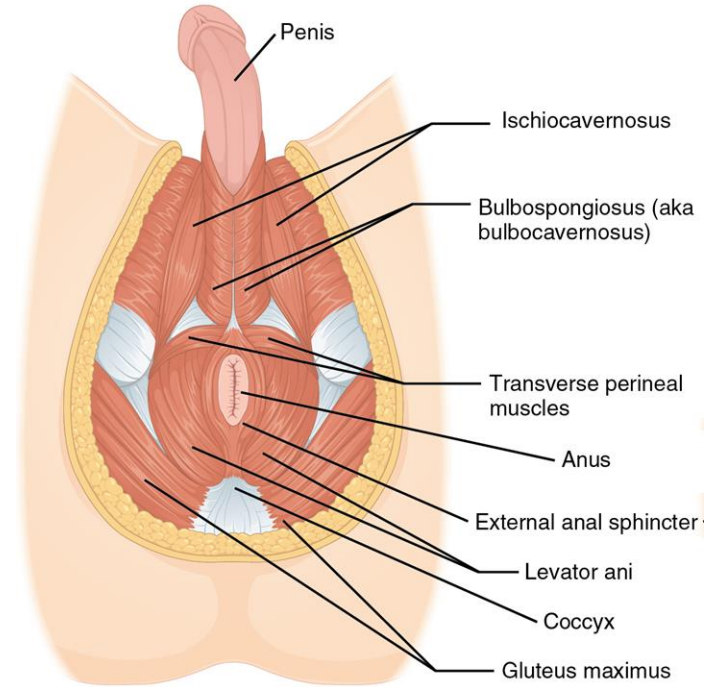


Diagnosis and Assessment:

The process of diagnosing PF Dysfunction and assessing the impact on the pelvic floor.

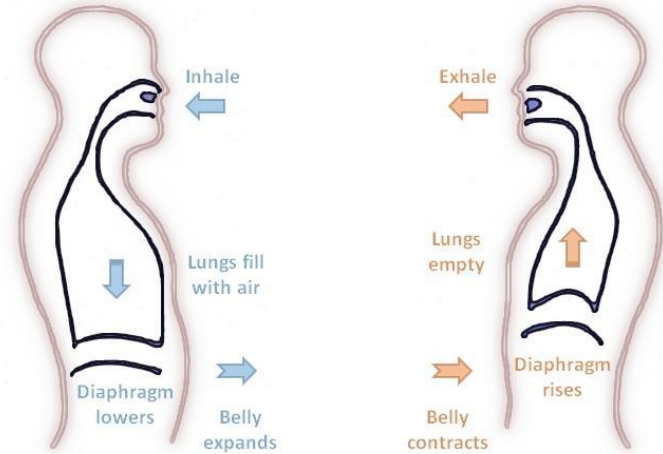
Highlight the importance of consulting healthcare professionals, such as pelvic floor physiotherapists.

NO MORE DRE!



Management Strategies:

- Habits
 - Pressure management
 - Water intake
 - Appropriate toileting schedule and self care techniques
- Movement
 - Early preoperative high intensity
 - Kegels + Application
 - Functional Movement & S&C Principles



Habits

- We've seen the worst, and the best surrounding definitions of health and wellness
 - Bladder and bowel norms leading up to surgery
- Abdominal & Pelvic Health outcomes & Comorbidities:
 - Age
 - Function (diastasis recti, hernia repair confounding, ortho issues)
 - Mobilization
- Defining base level function vs. Performance

Movement

- Early onset, high intensity
 - Progress from the table!
 - EMG is a helper, not the Plan of Care
- Nuts 2 Guts + Lift, carry, push, pull, hinge, squat, press + Pressure Management = Success
- BP, Sexual Health
 - *Return of the Erections*

Lifestyle Modifications:

Importance of adopting a healthy lifestyle to manage symptoms and pelvic floor issues.

Strategies such as regular exercise, proper nutrition, and stress management techniques.



Conclusion

- Seek professional help.
- Ask questions.

