

Our Last Webinar on Replay

Did you say pelvic rehabilitation and Kegel exercises?

Presented by



Partners



Here are 5 points to remember:

1. The benefits of perineal and pelvic rehabilitation

Physiotherapy aims to strengthen your pelvic floor muscles to help the urethra to close better. In fact, several men who have opted for radical surgery have reported the benefits of pelvic rehabilitation with a physiotherapist.

2. How your physiotherapist can help

Your physiotherapist, an expert in perineal rehabilitation (important), can advise you on good water habits (water resources), constipation control, techniques for controlling urinary urges and integrating good perineal contractions at the appropriate times.

3. The role of Kegel exercises

Pelvic muscle strengthening exercises are really effective in reducing incontinence after radical surgery. You should do these exercises before your operation and start them again gradually after surgery. You should see improvement after 2 to 4 months of regular exercise.

4. How to spot your pelvic floor muscles

To see if you are contracting the right muscles, look at your penis, it should tighten and contract inward. You should also feel the rectal muscle (the one you use to hold stool and gas) tighten.

5. Exercise your muscles standing, sitting or lying down

Once your muscle is well identified, it is a matter of contracting and relaxing it to make it work. Alternate a 5 second contraction with a 5 second relaxation. During this exercise, remember to breathe well. Repeat the contractions 10 to 20 times, 3 times a day (morning, afternoon and evening).