

Apr 12th, 4:00 PM - Apr 1st, 6:00 PM

# Exploring the outcomes of pelvic floor physical therapy to treat urinary incontinence 2 years post prostatectomy: a retrospective case report

Kathleen T. O'Loughlin

Governors State University, koloughlin@student.govst.edu

Follow this and additional works at: [https://opus.govst.edu/research\\_day](https://opus.govst.edu/research_day)



Part of the [Physical Therapy Commons](#)

---

O'Loughlin, Kathleen T., "Exploring the outcomes of pelvic floor physical therapy to treat urinary incontinence 2 years post prostatectomy: a retrospective case report" (2019). *GSU Research Day*. 60.

[https://opus.govst.edu/research\\_day/2019/posters/60](https://opus.govst.edu/research_day/2019/posters/60)

This Poster Session is brought to you for free and open access by the University Events, Conferences, and Workshops at OPUS Open Portal to University Scholarship. It has been accepted for inclusion in GSU Research Day by an authorized administrator of OPUS Open Portal to University Scholarship. For more information, please contact [opus@govst.edu](mailto:opus@govst.edu).



# EXPLORING THE OUTCOMES OF PELVIC FLOOR PHYSICAL THERAPY TO TREAT URINARY INCONTINENCE 2 YEARS POST PROSTATECTOMY: A RETROSPECTIVE CASE REPORT

Kathleen O’Loughlin, SPT; Roberta K O’Shea, PT, DPT, Ph.D; Maryleen K. Jones, PT, MPT, CLT, NCS; Dale Schuit PT, PhD, MS  
Governors State University, Department of Physical Therapy, University Park, Illinois

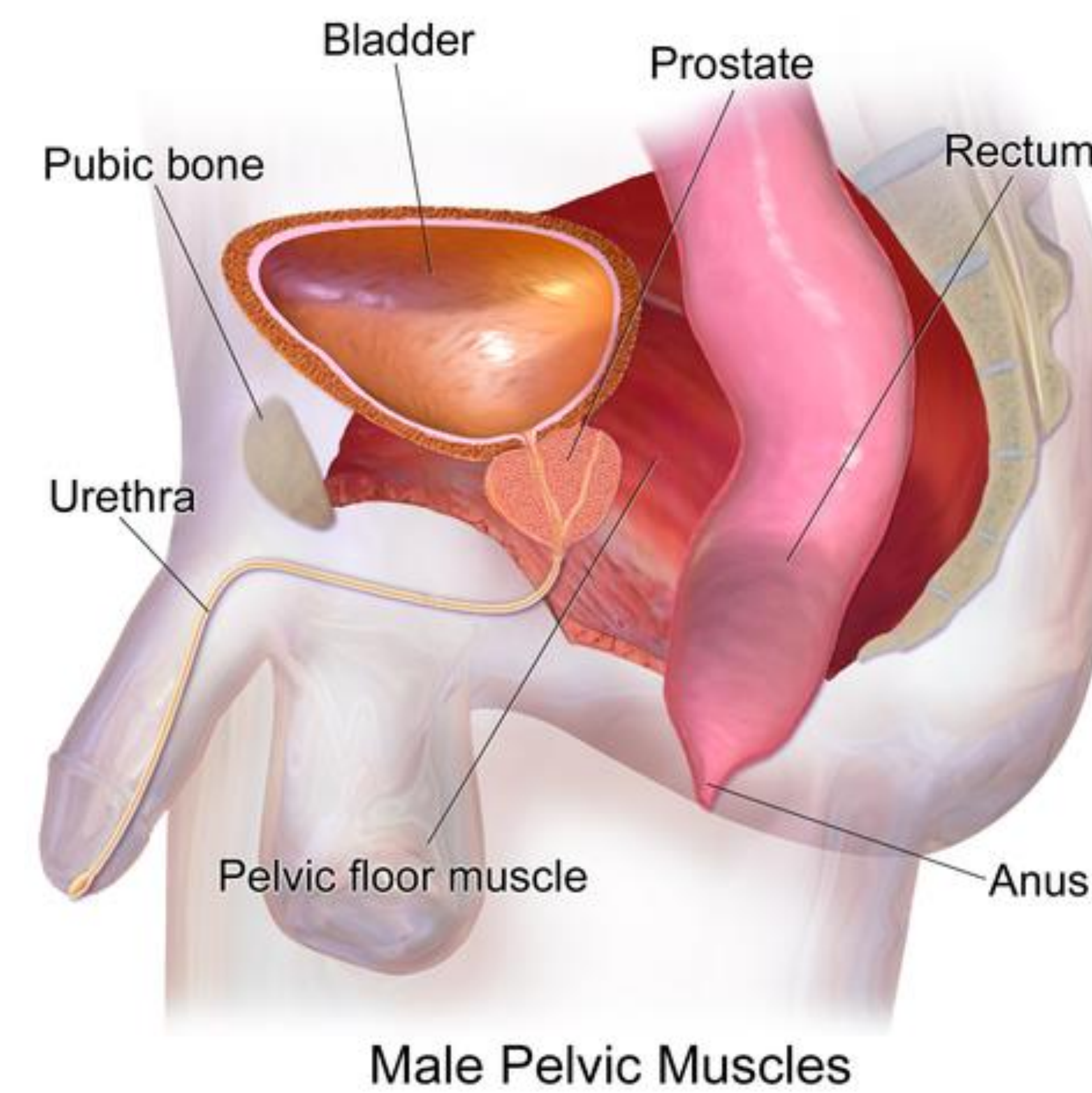
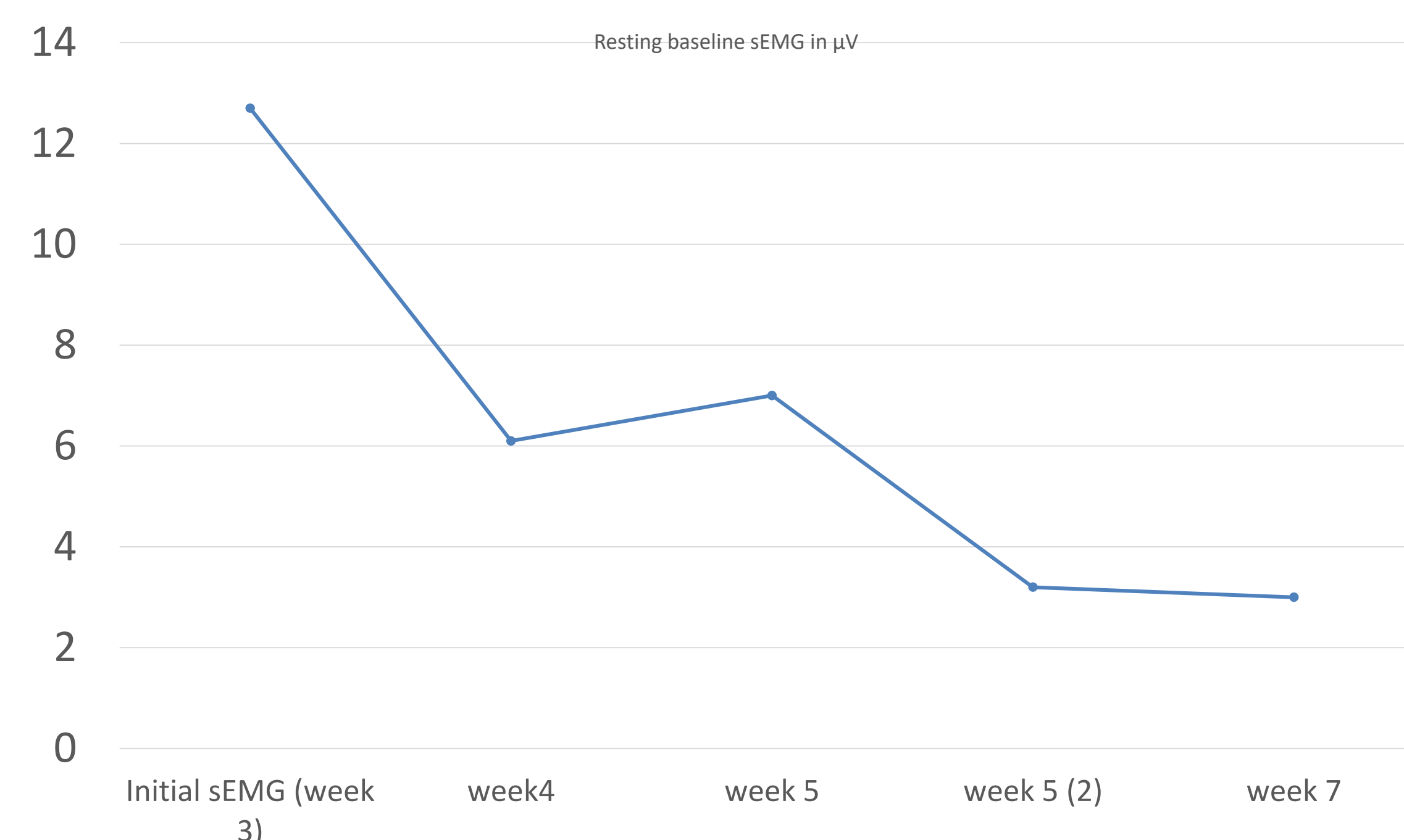
## Introduction

- Prostate cancer (PC) affects approximately 160,000 men per year.<sup>1</sup>
- Radical prostatectomy (RP) is one of the most successful treatments for PC, reducing incidence of both metastases and mortality.<sup>2</sup>
- Up to 72% of men report some degree of Urinary Incontinence post RP.<sup>3</sup>
- Pelvic Floor physical therapy has been shown to be a viable treatment option for men experiencing UI up to one year post RP.<sup>4-6</sup>

## Summary of Literature Review

- Filacmo et al.<sup>7</sup>**: demonstrated that 19% of men treated with early PFPT achieved continence 1 month post RP, and 65% within 6 months of surgery, as compared to 8% and 65% respectively for the control group.
- Rosco and Borello-France<sup>8</sup>**: Describe the success of PFPT in the resolution of UI 10 years post RP.

## Results



## Intervention

Week	PFMT with sEMG	Soft Tissue Mobilization	Patient Education
1			
2			
3			
4			
5			
6			
7			

## Discussion

- Improvement in resting PF tone did not correlate with significant improvement in UI frequency
- Data suggests that relative lack of improvement are due in part to timing of intervention<sup>4-6</sup>
  - Earlier intervention results in earlier resolution of UI
- Other factors impacting subject’s success
  - Short duration of care
  - Chronicity of UI
  - Polypharmacy

## Conclusion

- Increasing numbers of health care professionals refer out to PFPT for a variety of conditions; largely in female patient populations
- Clinical Practice Guidelines are needed to provide appropriate care for men experiencing post RP UI
- Further research is required to validate sEMG guidelines and psychometric data for use of functional outcome measures in men with UI

## References

- Siegel R, Miller K, Jemal A. Cancer Statistics, 2017. *Ca Cancer J Clin.* 2017; 67: 7-30. doi: 10.3322/caac.21387.
- Boorjian S, Eastham J, Graefen M, Guillionneau B, Karnes R, Moul J, et al. A critical analysis of the long-term impact of radical prostatectomy on cancer control and function outcomes. *Eur Urol.* 2012; 61: 664-675. doi:10.1016/j.eururo.2011.11.053
- Pak S, Kim M, Ahn H. Changes in health-related quality of life after radical prostatectomy for prostate cancer: a longitudinal cohort study in Korea. *Investig Clin Urol.* 2018; 59: 313-320. https://doi.org/10.4111/icu.2018.59.5.313
- MacDonald R, Fink H, Huckabay C, Monga M, Wilt T. Pelvic floor muscle training to improve urinary incontinence after radical prostatectomy: a systematic review of effectiveness. *BJU Int.* 2007; 100 (1): 76-81.
- Floratos D, Sonke G, Rapidou C, Alivizatos G, Deliveliotis C, Constantinides C, et al. Biofeedback vs verbal feedback as learning tools for pelvic floor muscle exercises in the early management of urinary incontinence after radical prostatectomy. *BJU Int.* 2002; 89: 714–719.
- Chang J, Lam V, Patel M. Preoperative pelvic floor muscle exercise and postprostatectomy incontinence: a systematic review and meta-analysis. *Eur Urol.* 2016; 69: 460-467.
- Filocamo M, Marzi V, Del Popolo G, Cecconi F, Marzocco M, Tosto A, et al. Effectiveness of early pelvic floor rehabilitation treatment for post-prostatectomy incontinence. *Eur Urol.* 2005; 48: 734-738.
- Rosco A, Borello-France D. Treatment of male urinary incontinence post-radical prostatectomy using physical therapy interventions. *J Womens Health Phys Therapy.* 2016; 40(3): 129-138. DOI: 10.1097/JWH.0000000000000064