

## **Standard Treatment protocol QRS Pelvicenter rehabilitation after Radical Prostatectomy**

	Rehabilitation after Radical Prostatectomy
Therapy duration	15 to 20 minutes
Intensity	Start low, later high (level 5 or 6)
Frequency	35 to 50 Hz
Position of coil	under urinary sphincter
Sitting position	straight 80 degrees to front, spread open your legs
Number of sessions	minimum 6 recommended 16 for long term positive results 2 to 3 times per week

### Notes:

- 1) Therapy can only start after wound healing
- 2) Use QRS-Pelvicenter Therapy as complementary therapy. The focus is to improve function and strength of pelvic floor muscles which most men have not trained well during their life. With the damaging/ removing of the prostate, the man falls back on this second level of defense. By training pelvic floor muscles, the man regains control on his pelvic floor muscles and thereby control on urination and sexual function.
- 3) Most men report good positive effects after 6 sessions, but it is recommended to complete full 16 sessions to ensure long term positive effects.
- 4) Use the rules of muscle training including:
  - a. start first session with low intensities (e.g. level 1 or 2) at medium frequencies (e.g. 25 to 35) with focus on training function and coordination of the muscles
  - b. after that quickly build to higher intensities with minimum frequency of 35 Herz
  - c. not more than 1 session (15 or 20 minutes) per day, give your muscles time to recuperate, do not underestimate the intensity of the training session, it is possible to do a session everyday but only in case there is no muscle soreness on the morning after the last session