



# CHARL DE KOCK

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## PRE- AND POST- PROSTATECTOMY PELVIC FLOOR REHABILITATION

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Active participation in an effective rehabilitation program before and following prostatectomy is crucial to improve the outcome of how soon the patient will regain continence and erectile function. Treatment protocols must be specifically designed for patients based upon their pre- and post-operative state. A successful rehabilitation program helps the patient achieve continence, erection and confidence sooner.

### Frequency:

- Pre-Operative: One treatment per week for 4-6 weeks.
- Post-Operative: One treatment per week for 4-8 weeks.

### Expectation/Results:

- Should be able to regain continence 1-3 months after initiation of treatment. There are however unexplained more complicated scenarios where it takes 3-6 months.

### Cost:

- R1600 for first session lasting 60min (includes rectal probe and all other materials used)
- Follow-up sessions R875
- Re-evaluation of condition R1275 (\*only when indicated, or when 3 months has passed with no intervention)

Kind Regards

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Charl de Kock  
Physiotherapist