Learning Objectives

MedBridge

Prostate Cancer Survivorship

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Chapter 1: Introduction to Prostate Cancer Survivorship

• Gain an insight into the implications of prostate cancer treatment
• Increase awareness of the role of pelvic physiotherapy

Chapter 2: Treatment Options

• Explore the range of medical and surgical treatment options available to breast cancer patients
• Understand the rehab implications of these choices

Chapter 3: Pelvic Rehabilitation

• Understand the pelvic health implications of prostate cancer treatments on erectile dysfunction, urinary incontinence and pain
• Overview of the evidence around best practice for pre and post prostatectomy patients

Chapter 4: Lab Session – Exercises for Prostate Cancer Survivorship

• Explore how to functionally integrate home exercise programs to enhance pelvic and global health