

ABSTRACT

The main objective of this bachelor thesis was to find out whether the regular pelvic floor muscles exercise had a reducing effect on urinary incontinence and the use of incontinence pads at patients after the robotically assisted radical prostatectomy who underwent the therapy in Rehaspring centre.

Methods:

We used the data provided from one rehabilitation facility to develop this research.

Proband's came at various time intervals after the operation for the therapy to one physiotherapist in the Rehaspring rehabilitation facility in Čelákovice. They completed the Rehaspring concept protocol, the ICIQ-SF questionnaire and we examined their pelvic floor muscles using the ultrasound at each therapy. We monitored the lift of pelvic floor muscles in the standing position. We obtained the number of incontinence pads by the phone call or by email. We observed the measured values in three periods. Totally 39 probands were included in this study, but only 22 men met the entry criteria and the numbers of incontinence pads were provided only by 12 men. The average age was 68.54 ± 5.6 years.

We used the analysis of variance, Mann-Whitney test and paired t-test for the statistical evaluation. The significance level for all tests was set up at an alpha level of 0.05 and the graphical elaboration was realized using the statistical software R.

Results:

We recorded a significant decrease in the mean value from the ICIQ-SF questionnaire in the 2nd control examination ($13,6 \pm 4,15$ points) compared to the initial examination ($15,3 \pm 4,3$ points). The median of the numbers of incontinence pads decreased significantly in the post-rehabilitation period and at present (in april 2020). In the 1st and 2nd control examinations there was a significant increase in the lift of pelvic floor muscles in the standing position compared to the initial examination. Some men reached the norm of the lift, i. e. 10 millimeters.

Conclusion:

The results of this study showed that the regular pelvic floor muscles training had a significant effect on reducing urinary incontinence, number of incontinence pads and on increasing the lift of pelvic floor muscles.

Key words:

prostate cancer, robotically assisted radical prostatectomy (RARP), urinary incontinence, pelvic floor muscles, ICIQ-SF value, incontinence pads, proband