



East Gosford Physiotherapy & Exercise Physiology

Pre Surgery
Pelvic Floor
Muscle Training
and
Education

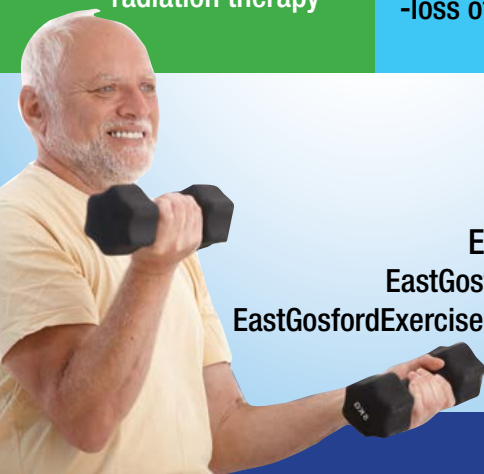
Post Prostatectomy
Pelvic Floor
Rehabilitation -
Re-gain bladder
control

MEN 4 MEN

**PROSTATE
CANCER
REHABILITATION**

Prostate
Cancer
Exercise
Programs
managing effects of
chemotherapy and
radiation therapy

Exercise
Programs to
help manage side
effects of Androgen
Deprivation Therapy
-loss of muscle mass
-loss of bone density



4323 7499

24 Brougham St

East Gosford 2250

EastGosfordPhysio.com.au

EastGosfordExercisePhysiology.com.au

MEN 4 MEN

PROSTATE CANCER REHABILITATION

- Designed by **MEN 4 MEN**
- Delivery by specially trained male Physiotherapists and Exercise Physiologists
- Will help men regain Pelvic Floor Muscle control
- Will help Men regain Bladder control & help Incontinence
- Exercise programs to help manage the effects of Chemotherapy, Radiation therapy & Hormone treatment (ADT).

WE ARE PART OF YOUR TEAM -

- We work closely with your Doctor & Continence Nurse to help you “**Get Control**”.

Medicare & Health Fund Rebates available

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www.eastgosfordphysio.com.au

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