

Pelvic Clock® may support earlier recovery after RARP

Randomized controlled trial

Higher 6-month
trifecta achievement

60.0% (Pelvic Clock®)

VS

(Control) 16.7%

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www.ics.org/2026/abstract/

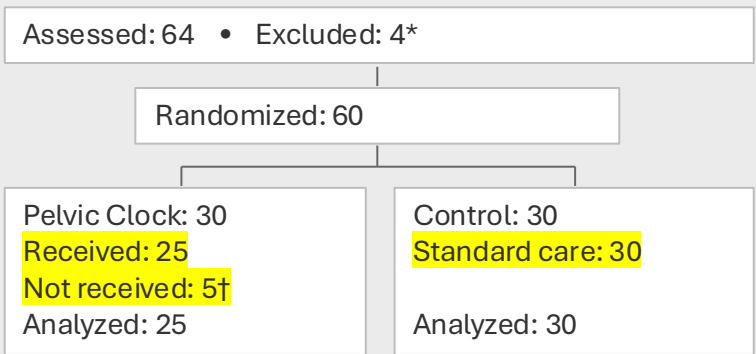
Background / Objectives

Urinary incontinence and erectile dysfunction affect recovery after robot-assisted radical prostatectomy (RARP). We evaluated functional recovery with Pelvic Clock® rehabilitation.

Methods

Randomized trial in men aged 55 to 80 undergoing RARP. Pelvic Clock® uses 12 – 6 and 3 – 9 o'clock pelvic tilts. Follow-up: At baseline, 1, 3 and 6 months.

Participant flow



No loss to follow-up in either group.
*1 each: salvage radiotherapy, Parkinson's disease, old CVA, prior TURP.
†Protocol non-adherence.

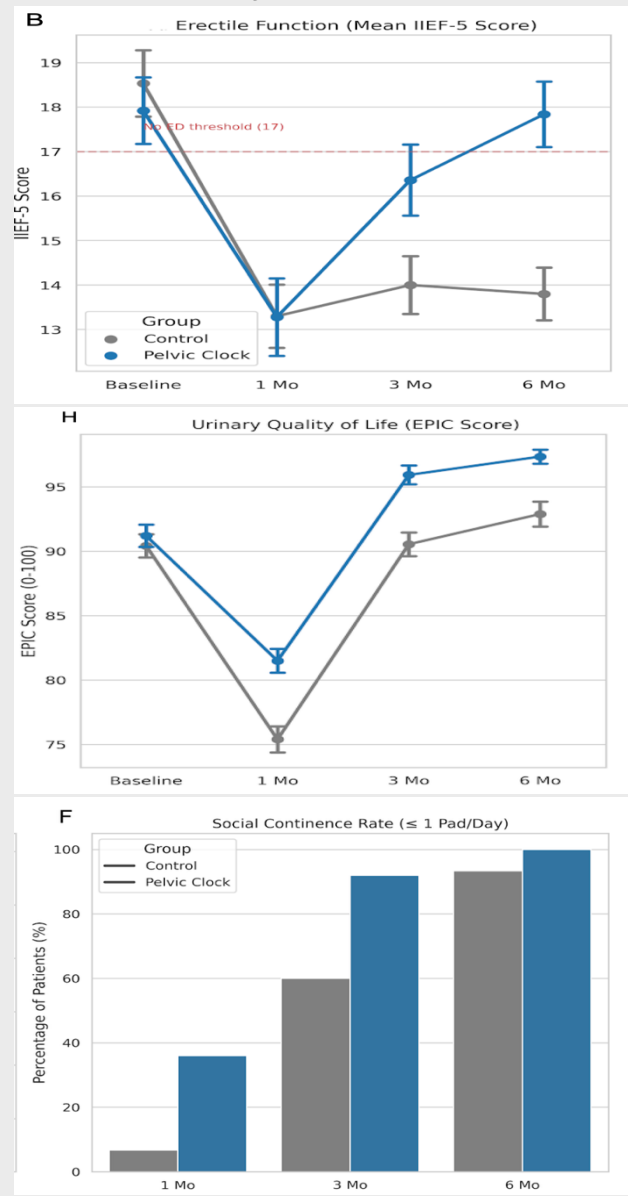
Baseline

	Pelvic Clock	Control
Age, years	65.1 ± 5.6	64.7 ± 5.4
IIEF-5	17.9 ± 3.7	18.5 ± 4.1
Bilateral NS	7 (28%)	14 (47%)

Mean ± SEM as reported. NS = nerve sparing.

Results

Blue: Pelvic Clock Gray: control



Conclusion

Promising adjunct for early recovery. Small sample size warrants larger multicenter trials.