

Rehabilitative treatment of urinary incontinence after prostatic surgery: a single-center cohort study.

HYPOTHESIS

Pelvic floor rehabilitation is the 1°-line treatment for post-surgical urinary incontinence, but interventions are **mainly based on radical prostatectomy** studies.

STUDY DESIGN, MATERIALS AND METHODS

We examined a cohort of patients between January 2020 and October 2024. The rehabilitation program included 10 physiotherapy sessions. Patients were divided into 2 groups: **Group A (surgery for benign prostatic obstruction)** and **Group B (radical prostatectomy)**.

RESULTS

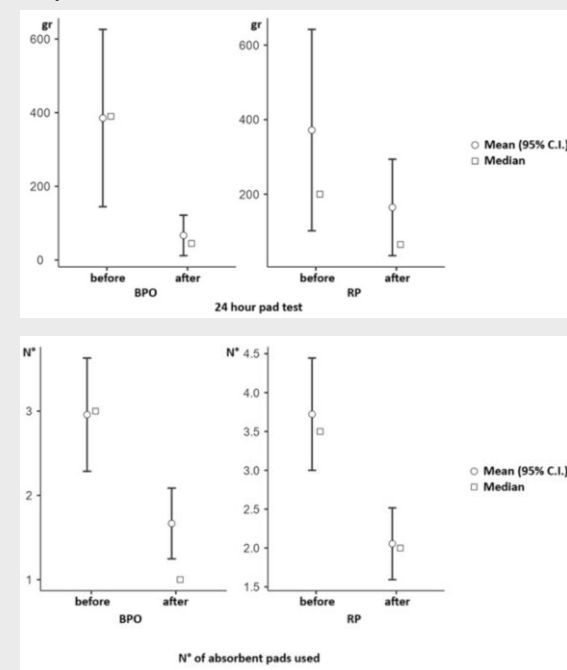
76 patients were included. The **median time** between surgery and the **first consultation was 4 months (SD = 58 months)**. The **descriptive characteristics** of the 2 groups **were comparable**.

- ✓ In both groups we demonstrated increase in **pelvic floor muscles strength test and endurance**, a reduction of leakages at **cough test and at the 24-hour pad test** as well as a decrease in the **number of pads used**.
- ✓ Only in **Group B** there was a significant reduction in the **1-hour pad test**.

Finally, **no differences between groups were found** in post-treatment outcomes.

INTERPRETATION OF RESULTS

Both groups showed improvements in urinary continence. **Group B** recovers **sphincter function** more significantly, especially its **phasic component**, and the ability to resist sudden increases in abdominal pressure. The **wide variability** in rehabilitative treatment **initiation**, with patients starting it **even years** after surgery, **does not affect** clinical improvement of incontinence.



CONCLUDING MESSAGE

Our study shows **functional improvements** in both groups, suggesting that **interventions after radical surgery can be effective** for urinary incontinence **after benign surgery** as well, even if started **a long time after** the surgery.

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