Hypothesis / aims of study
Incidence rates of urinary incontinence (UI) after radical prostatectomy (RP) has been reported between 0.5 and 87%. This discrepancy between incidences is partly due to the variability of definitions for UI, as well as the postoperative period in which this evaluation was done. Some studies have shown that training of the pelvic floor muscles pre and/or postoperative period may improve early and late urinary continence rates after PR. Few studies have used pelvic floor training associated with biofeedback or assessed quality of life (QoL) and rates of erectile dysfunction (ED). We decided to evaluate the effects of pelvic physiotherapy pre and postoperative associated with the use of biofeedback for urinary continence, QoL and DE in the third month after PR.

Study design, materials and methods
we randomly assigned candidates for PR subjects into two groups: group physiotherapy - training with two preoperative sessions and guidance (verbal and written) to keep the exercises postoperatively until the third month after RP OR control group - usual pre and postoperative care. In both groups have conducted assessments with electromyographic biofeedback (Biofeedback Miotec ®) pre and postoperatively, as well as we applied general questionnaires of anthropometric, DE and QoL data.

Results
This study describes preliminary results, considering that we have not reached the calculated "n" (sample size 38 patients in total). The baseline characteristics of the two groups were similar (t test, p=0.05). There is a tendency of physiotherapy group has better outcomes in terms of improving continence, erectile function (Table 4), QoL and electromyographic activity by biofeedback (Tables 2, 3, 4 and 5). However, it is necessary to increase the sample size so that possible statistical correlations could be measured or observed and the efficacy of the method can be proved.

Interpretation of results
This protocol with two preoperative sessions and verbal recommendation to keep the exercises in the postoperative period is a simple protocol, unpublished and can greatly improve the quality of life of patients undergoing RP, at least in the early postoperative period.

Concluding message
New physiotherapy treatment protocol is simple, objective and easy to be implemented in public system health, with tendency to obtain good functional results.