

## LONG TERM RESULTS OF PHYSIOTHERAPY IN MEN WITH URINARY STRESS INCONTINENCE AFTER RADICAL PROSTATECTOMY

### Aims of Study

To determine the long-term effects of physiotherapy in men with stress incontinence at least 1 year after radical prostatectomy.

### Methods

24 men (age, 25 to 76 years) at least 1 year after radical prostatectomy were treated with pelvic floor reeducation for 12 weeks. All men had stress incontinence and 10 also had urge symptoms. 8 men had received adjuvant radiotherapy. 6 men had grade 1, 10 grade 2, and 8 grade 3 stress incontinence according to the Ingelman-Sundberg classification. Treatment consisted of pelvic floor exercises, intraanal biofeedback therapy and electric stimulation. The home training program was reassessed at each of the 10 -15 visits. Muscle strength tests intraanal manometry and the pad test were used at baseline, after 12 weeks of therapy, and one to four years after treatment. Continence was defined as no urine loss in the 1-hour pad test and no pad use in daily life. Subjective results were assessed with a visual analogue scale.

### Results (Table)

Grade 1 SI. 4 men were objectively dry after the 12 week program and maintained continence over the years continuing the home program without further therapeutic assistance. 2 men had pad-test results reduced by 66% vs. baseline after the 12 week program and could maintain this result over the years.

Grade 2 SI. 4 men achieved complete continence and this was unchanged at 4 years. The remaining 6 men improved at least 50% and none underwent surgery. 2 of the patients were not available for one to four year follow-up.

Grade 3 SI. The 8 men with grade 3 SI, 6 of whom had undergone radiation, were slightly improved at 12 weeks. 2 men eventually underwent implantation of an artificial urethral sphincter. 2 of the patients were not available for one to four year follow-up.

	Continent / Improved / Lost		
	n	12 weeks	1 - 4 years
Grade 1	6	4. / 2	5. / 1
Grade 2	10	4. / 6	3. / 5. / 2
Grade 3	8	0 / 8	0 / 4 / 2

### Conclusions

These results indicate that mild stress incontinence in men after radical prostatectomy can be cured with physiotherapy alone and that quality-of-life can be improved in patients with more severe stress incontinence. Physiotherapy appears less effective in men with grade 3 incontinence after radical prostatectomy and adjuvant radiation.