



Quick Recap

Therapy rebuilds core control, walking endurance, and safe return to bathroom, dressing, and community activities.

Edwin Manarang, RN

SPEAK WITH OUR TEAM

PHONE

(630) 915-5174

EMAIL

info@philippianshomecare.com

HOURS

9:00 AM to 5:00 PM

Contact us today for personalized care



Scan with your phone camera · tap the link.

This brochure is for informational purposes only—not a substitute for medical advice, diagnosis, or treatment. Consult your physician, nurse, or qualified health provider with any questions about your condition.



A warm welcome.

Steady habits and gentle support go a long way. This brochure walks you through what to know, what to watch for, and how we help at home.

“With the right support, daily life stays comfortable, independent, and full of the things you love.”

Inside this brochure

- What to know about your care
- Signs to watch for and when to call
- Habits that keep you strong and steady
- How to reach our team



Scan with your phone camera · tap the link.

Prostate Cancer Physical Care

Pelvic Floor & Core Support Guide



Gentle home care that helps you stay safe, comfortable, and independent at home.

A friendly guide for you and your family

DAILY CARE



● Tips at Home

Practical day-to-day tips to keep recovery on track and make your daily care safer at home.

Build a calm daily routine — meals, medications, rest, and gentle activity at the same times each day. Note any changes and share them with your healthcare providers.

- Pelvic floor exercises: gentle Kegel holds, relax phases, and breathing coordination.
- Core activation: seated marches, pelvic tilts, and supported sit-to-stand.
- Pelvic-floor (Kegel) exercises 3 sets of 10 daily to improve continence after surgery.
- Hydrate steadily during the day but limit fluids 2–3 hours before bed to reduce nighttime trips.

WATCH CLOSELY



● What to Watch For

Knowing the signs early means quicker comfort and safer days.

- Monitor fatigue, leg weakness, balance, bladder control, and endurance.
- Track leakage episodes, urgency, nighttime voiding, and fluid intake.
- Note dizziness, falls, or new leg swelling.

Good to know

- Prostate cancer treatment may include surgery, radiation, or hormone therapy.
- Pelvic floor exercises help with urinary control after surgery.

When to call: Sudden pain, trouble breathing, high fever, or confusion — call your nurse or doctor. Call **911** for emergencies.

STAY STRONG



● Stay Strong & Steady

Wellness habits that keep you moving, balanced, and independent at home.

Small steps add up: one stretch, one balanced meal, or one short walk can brighten the whole day.

- Daily pelvic floor practice: 2–3 sessions of prescribed holds and releases.
- ADLs: avoid heavy lifting early; use carts and slide objects on counters.
- Stair training with handrail and one-step-at-a-time pattern.
- Gentle stretching for hips and lower back to ease guarded posture.