

PROSTATE CANCER:

PROSTATE PREPARED

Preparations Prior to Radiotherapy

An initiative by Division of Radiation Oncology in collaboration with SGH Urology and Physiotherapy



National Cancer
Centre Singapore
SingHealth



STAY



HYDRATED

Before treatment begins, here is what you can do! This leaflet provides general information on hydration and exercises that may help you during your course of treatment.

Drinking ***2L of water** daily ensures your body is well hydrated and enables you to achieve the following:

1. A **consistent** and **adequate** bladder size for treatment
2. Reduces amount of small bowel in the treatment area → lower risk of long-term bowel side effects
3. Improve accuracy of treatment

STAY



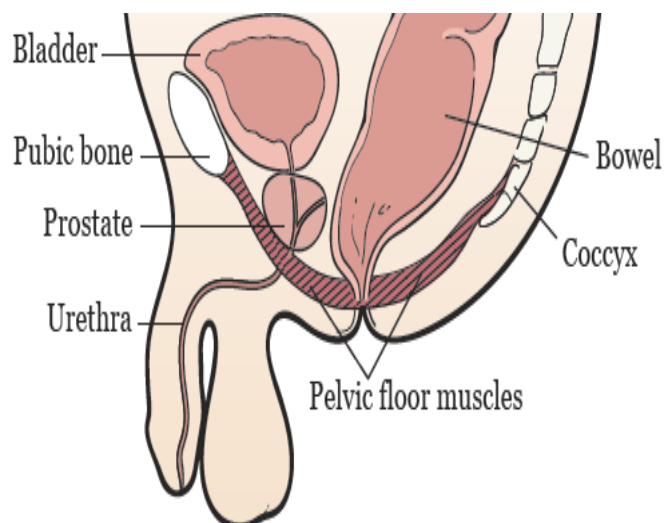
ACTIVE

*If you have any other known comorbidities or mobility issues, please consult your doctor first. **Always consult your doctor when in doubt.**

Why exercise?

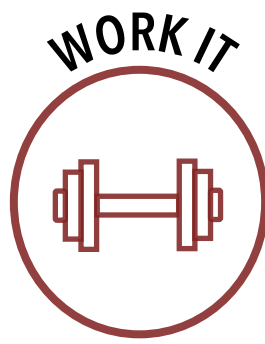
Exercising helps to build your **physical capacity reserves** to improve tolerance for the treatment

- **Combat fatigue** through aerobic and resistance training
- **Tackle urinary issues** by doing pelvic floor strengthening exercises
- Pelvic floor muscles support the bladder and bowel. When engaged, it assists with the **control of urination and emptying the bowels**. As such, strengthening these muscles will allow it to function better.





LIGHT STRETCHING,
LOW INTENSITY
AEROBIC EXERCISE



KEGEL EXERCISE,
RESISTANCE
EXERCISE



LIGHT
STRETCHING

WARM UP minimises risk of injuries

Exercise starts wherever you are! Daily activities such as **morning walks, grocery shopping and household chores** keeps your body active without you realizing! You are highly encouraged to **continue your daily routine** as much as possible!



Marching In Place

- Sit with feet slightly apart, keeping hands at edge of chair or on arm rest
- OR
- Stand with support (holding a chair/table/wall)
- March in place, lifting your knees high towards ceiling
- Breathe normally
- Continue marching for **1 minute** and **gradually work up to 5 minutes.**

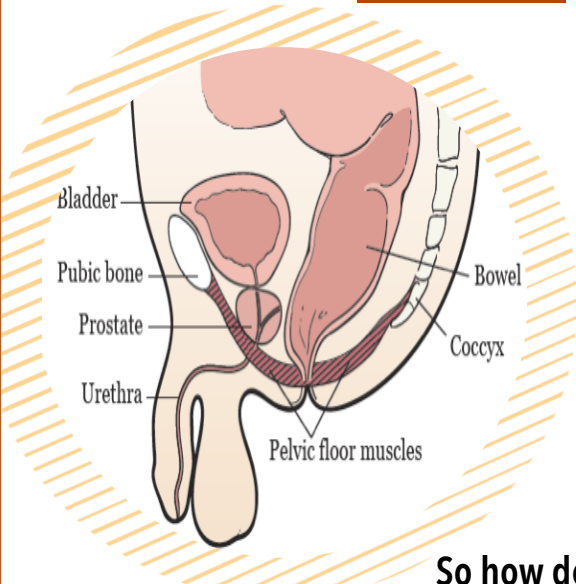
Challenge yourself:

→ Clock between **5,000-10,000 steps a day for walking/brisk walking.**

Start with 5,000 steps a day and gradually work your way up to 10,000 steps.

→ March for 1 minute, gradually clocking 5-10 minutes daily.

WORK IT and train your muscles



To help you strengthen the **pelvic floor muscles**, it is important to identify and exercise the correct muscles.

The pelvic floor is a sling of muscles supporting the pelvic organs. It extends from the pubic bone in front to the tailbone at the back. It helps to hold the bladder and bowel in place. These muscles also act like a control valve around the urethra. It tightens to prevent any urine leaking and relaxes when you want to pass urine.

So how do we identify this muscle?

Try to stop and start your urine flow while you stand at your toilet to urinate. Do this a few times. The muscles you use to stop your urine are your pelvic floor muscles. Alternatively, imagine you have a strong urge to go to the toilet, but you have to hold on. These are the muscles you want to activate and strengthen through the following exercise.

Kegel Exercise

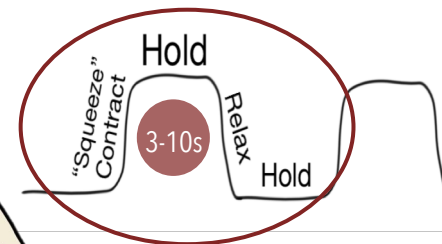
You can try the exercise while sitting or standing and eventually anywhere when comfortable!



7. Repeat your 'Squeeze and Hold' 10 times, thrice daily

6. Relax for 5s

5. Hold your 'squeeze' for 3-10s. Start from 3s, slowly increasing



1. Lie down with your knees slightly apart

2. Tense your pelvic floor muscles starting at your anus - as if trying to stop wind

3. Now tense around your genitals as if trying to stop your urine

4. 'Squeeze' both areas and aim to 'suck up' your muscles towards your belly button

Tips:

- ✓ Do not hold your breath while doing kegel exercises. Counting out loud can stop you from holding your breath.
- ✓ Do not tense your gluteal muscles, legs or stomach muscles while doing the exercise

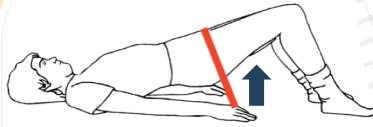
KNOW YOURSELF:

- Do not do kegel exercises if you have a urine catheter
- Listen to your body and reduce the intensity of exercise as needed

Resistance Band Exercise

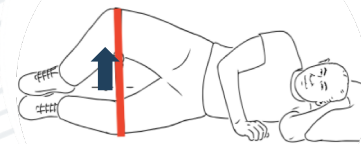
1) Bridge

- Lie down facing up with knees bent. Loop the resistance band over your hips.
- Lift your hips upwards, hold for 5 seconds and rest back down on the floor.



2) Clamshells

- Lie on your side with knees bent and in front of you to keep yourself stable.
- Keeping your feet together, open your legs outwards like a clamshell.
- If this movement causes your hips to fall, lie down with your back facing the wall for extra support.



Repeat each exercise 6-12 times, at least twice daily.

Frequency: 2-3 times a week (on alternate days).

Intensity: Adjusting the length of the band affects intensity of your workout.

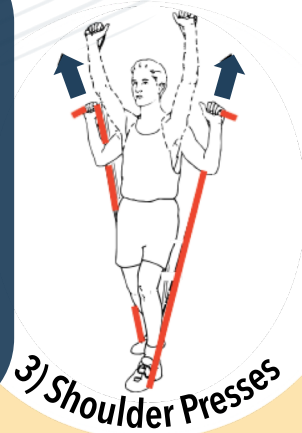
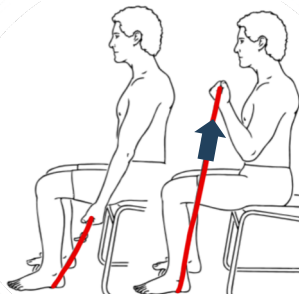
Shorter length → higher intensity

Longer length → lower intensity

Listen to your body and adjust the length of the band accordingly.

4) Seated Bicep Curls

- Sit on a chair with the band under your feet.
- Hold the end of the band with both hands.
- Start with your arms at the sides with palms facing outwards.
- Pull the band up, only bending your arms until chest level.
- Do not move your elbows and keep elbow close to your sides, only move your arms.
- Slowly return to start position.



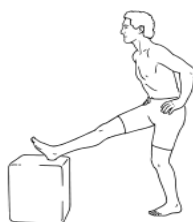
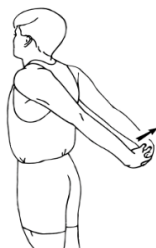
3) Shoulder Presses

- Stand upright with the band under your feet.
- Hold the band in each hand at shoulder level and slowly extend the arms up straight.
- Lower the arms back to shoulder level and repeat.

COOL DOWN stretch and recover

Hold each stretching position for at least 30s for desired effect.

Please refer to the diagrams on the left for examples of stretching exercises.



Tips:

Our body loses water in the form of sweat when you exercise. Remember to stay hydrated and **replenish the water loss!**

If you require assistance regarding any of the exercises, please check with your Doctor in Charge.