

HIGH LINE ACTIVE

MEN'S HEALTH PHYSIOTHERAPY

ASSISTING WITH YOUR MEN'S HEALTH JOURNEY
AND GETTING YOU BACK TO THE
LIFESTYLE YOU DESERVE



READ MORE ABOUT OUR
PREPARE AND RECOVER FROM
PROSTATE SURGERY PACKAGE



PROSTATE TREATMENT TIMELINE

1. PRE-HABILITATION CONSULTATION (4-8 WEEKS BEFORE SURGERY PREFERRED)

- Get to know you and your situation/level of support
- Health measures (other Comorbidities)
- Education about the surgery and anatomy (Surgery can be variable)
- Teach Pelvic Floor / Current Pelvic Floor Function
- Grip Strength
- Current Continence / Penile function
- Existing pain or presenting complaints
- Level of physical activity



2. PRE-HAB: 4-6 WEEKS

- Reviewing pelvic floor function/compliance with the program
- Health and fitness review - go through a strength and conditioning program. Let's get as fit as possible prior to surgery
- Any further questions

3. SURGERY - ALL THE BEST

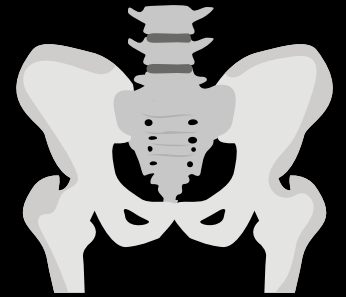


PROSTATE TREATMENT TIMELINE

4. POST-PROSTATECTOMY

(2 WEEKS POST AND CATHETER OUT - 3+ DAYS)

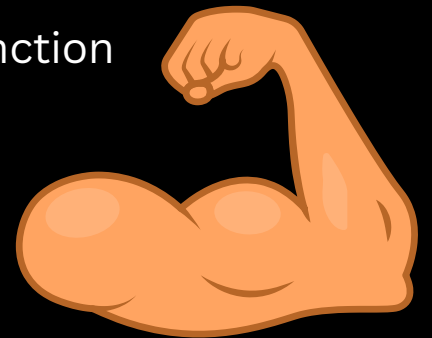
- Surgical Findings
 - Any challenges with the catheter removal or trial of voiding
 - Surgery is variable so important to note
- Contenance since removal
 - Aids currently using i.e. Pads / How wet are the pads?
 - Feelings of fullness/urges. Can you hold on following these urges?
 - Emptying - stream or a dribble
 - Pain with urination? Discoloration?
- Pelvic Floor Ax - post-op
 - Testing / Hold times etc



5. POST-PROSTATECTOMY FOLLOW-UP

(1 WEEK FOLLOWING)

- Reviewing post-op progression in Pelvic floor function
- Create a strength and conditioning program
- Looking to progress to pad-free long continence
- Re-introduce activities of daily living



6. ADDITIONAL FOLLOW-UP AND STRENGTH AND CONDITIONING PROGRAM

- Progress pelvic floor
- Strength and Conditioning progression
- Maintenance and long term solutions

IDEALLY, GETTING 3 CONSULTATIONS IN THE FIRST 4 WEEKS MINIMUM.

GREATER PELVIC FLOOR GAINS ARE TARGETTED EARLY POST-SURGERY SO THIS IS IMPORTANT

OUR DIFFERENCE

HERE AT HIGH LINE ACTIVE PHYSIOTHERAPY RICHMOND,
WE LOOK AFTER ALL OF OUR CLIENTS THE SAME.

IF YOU ARE AN ATHLETE, OFFICE WORKER, COACH, TEACHER, NURSE,
WHATEVER, YOU GET TREATED THE SAME

Our Men's Health difference isn't just about getting you symptom-free, it is about getting you back into the lifestyle that you deserve.

Of course, we will have goals for our recovery from a musculoskeletal sense but we also like to promote what makes you, you

Dane will help guide you through your recovery but also back into an improved quality of life.

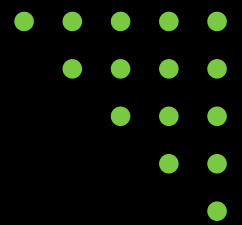
- Getting back on the Golf Course
- Committing to a Marathon
- Playing with your children
- Playing Social Basketball
- Lifting weights regularly at the gym



Recovery isn't easy, it'll take some hard work and these activities above may seem a long way away but when we get there it'll be the best Round of golf / Run / Gym session you've had.

Dane blends his Men's health skills with his musculoskeletal and strength and conditioning background to help you not only recover but get you in the best shape possible.

THE TEAM



DANE MONAGHAN

QUALIFICATIONS & SPECIAL TRAINING:

- Doctorate of Physiotherapy (Bond University)
- Bachelor of Exercise and Sport Science (Deakin).
- ASCA Strength and Conditioning Coach - Level 1
- Dry Needling (CPD health courses)
- Nutting out Men's Health (APA Course)
- Level 1 - Sports Physiotherapy (APA course)



Dane is a Musculoskeletal based physiotherapist who has a wealth of experience in the private practice field working with a variety of clients ranging from sporting athletes to desk workers and anything in between. He also applies his skills to the Men's Health setting where he can navigate you through what is thrown your way.

Dane will be able to educate and guide you through your potential prostate surgery journey assisting you and your partner (if applicable) through what can be a difficult time

CONTACT US

Address: 1 Albert St, Richmond VIC 3121

Email: hello@highlineactive.com.au

Website: Highlineactive.com.au



PH: 0428 963 734

FAX: 03 8692 6225



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