

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
ACTIVE SURVEILLANCE



ACTIVE SURVEILLANCE

WHAT IS ACTIVE SURVEILLANCE?

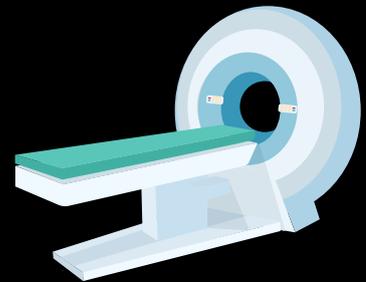
Active Surveillance is a treatment option for men with low-intermediate-risk prostate cancers

It involves following a program where you are monitored for changes in your cancer and **aims** to avoid unnecessary treatment and find the best time to start treatment if needed in the future



Cancer is closely monitored for any signs the disease is progressing. These signs may include:

- an increase in the size of the cancer determined by MRI or biopsy
- an increase in the grade of the cancer
- a significant rise in the PSA level



Most cancers never progress and don't need further treatment. There is strong evidence that it's safe for men with low-risk prostate cancer to be carefully monitored.



Active Surveillance can delay the need for treatment in some men and may avoid needing active treatment for their prostate cancer. But if the cancer is seen to be progressing, treatments like surgery or radiation therapy may be recommended.

ACTIVE SURVEILLANCE

BENEFITS OF ACTIVE SURVEILLANCE

As there is no physical treatment involved, there are none of the physical side effects associated with other treatments such as:

- Incontinence
- Erectile dysfunction

It does not interfere with your everyday life as much as treatment.



PHYSIOTHERAPY ROLE

Strength and conditioning

Strong evidence on exercise + cancer management

- Improves quality of life and fatigue with prostate cancer (Lopez, 2020)
- Can reduce psychological distress during treatment (Galvio, 2020)

Our goal is to make you as fit as possible while monitoring your cancer

Urinary continence

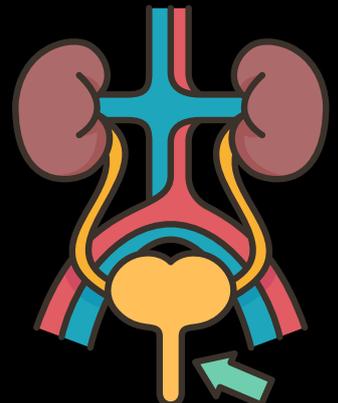
- Activate and strengthen your pelvic floor
- Assistance in managing leaking, urgency, after-wee dribble, and incomplete emptying

Sexual function

- Looking to maintain or improve sexual function
- Advice for erectile function

Pelvic / Lower Back Pain

- Diagnosing and treating pelvic pain
- Lower back management to assist with nerve supply to genitals



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 **Active Surveillance**, assisting you and your partner (if applicable) through what can be a difficult time

Dane aims to get you as fit and active as possible whilst working on your pelvic health

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