

Resistance Training Exercises for Men with Prostate Cancer

Men after the diagnosis of Prostate Cancer may undertake the treatment of Androgen Deprivation Therapy (ADT). ADT is used as prostate cancer cells need the androgen hormone – testosterone to grow. Reducing the testosterone to very low levels slows down most prostate cancers. This can be achieved with ADT. “ADT does not cure the cancer it slows its growth”.

Side effects of ADT with regards to the musculoskeletal system can include:

- ⊙ Reduced bone mass
- ⊙ Increased risk of fracture
- ⊙ Reduced lean muscle mass
- ⊙ Reduced strength
- ⊙ Increased fat mass

Altered physical function, independence and quality of life are also affected with the use of ADT.

Research has shown that resistance training can help to reverse or manage the adverse side effects of ADT. Below you will find simple exercises you can do at home. For further all body training similar to the research studies an assessment with Continence and Pelvic Floor Physiotherapists, Eileen Lavis and Karen Burns is required to ensure the safest and most effective exercises are prescribed.

All exercises should;

- ⊙ Be performed with slow smooth movements.
- ⊙ Not cause pain.
- ⊙ Tension in the muscles is acceptable.

SQUATS

Start Position

Final Position



1. Standing feet flat on the floor
2. Tighten lower abdominal and pelvic floor muscles as you squat down keeping the knees over the feet. Only squat as far as you have control of your pelvic floor muscles.
3. Hold _____ seconds.
4. Push down through the heels and stand up. Release the pelvic floor contraction once upright.
5. _____ repetitions, _____ sets, _____ times per day.

CALF RASIES – NO STEP

Start Position *Final Position*



1. Stand with feet hip width apart. Hold onto the wall for stability and balance.
2. Tighten lower abdominal and pelvic floor muscles.
3. Rise up slowly onto your toes as high as you can.
4. Hold _____ seconds slowly lower.
5. _____ repetitions, _____ sets, _____ times per day.

BICEP CURL – STANDING – requires theraband resistance bands

Please note: Theraband should not be used by those men with latex allergies

Start Position *Final Position*



1. Stand holding elastic tubing with both hands and the middle portion placed under the foot as shown
2. Keep thumb facing toward as shown
3. Tighten lower abdominals and pelvic floor muscles.
4. Bend elbow fully as shown
5. Hold _____ seconds, slowly lower – do not lock elbows at the end
6. _____ repetitions, _____ times per day.

If you would like to make an appointment for further assessment of your condition please contact Rathmines Physiotherapy and Sports Injury Centre on 4975-1622 or email us at rathminesphysio@bigpond.com.