

Prostate Cancer Rehabilitation

Empowering Recovery Through Tailored Physiotherapy



Prostate Cancer Rehabilitation

With targeted rehabilitation, you can regain strength, confidence, and control over your recovery journey. Our physiotherapy programme focuses on easing symptoms, strengthening essential muscles, and supporting you through every stage of recovery.

Benefits of Prostate Cancer Rehabilitation

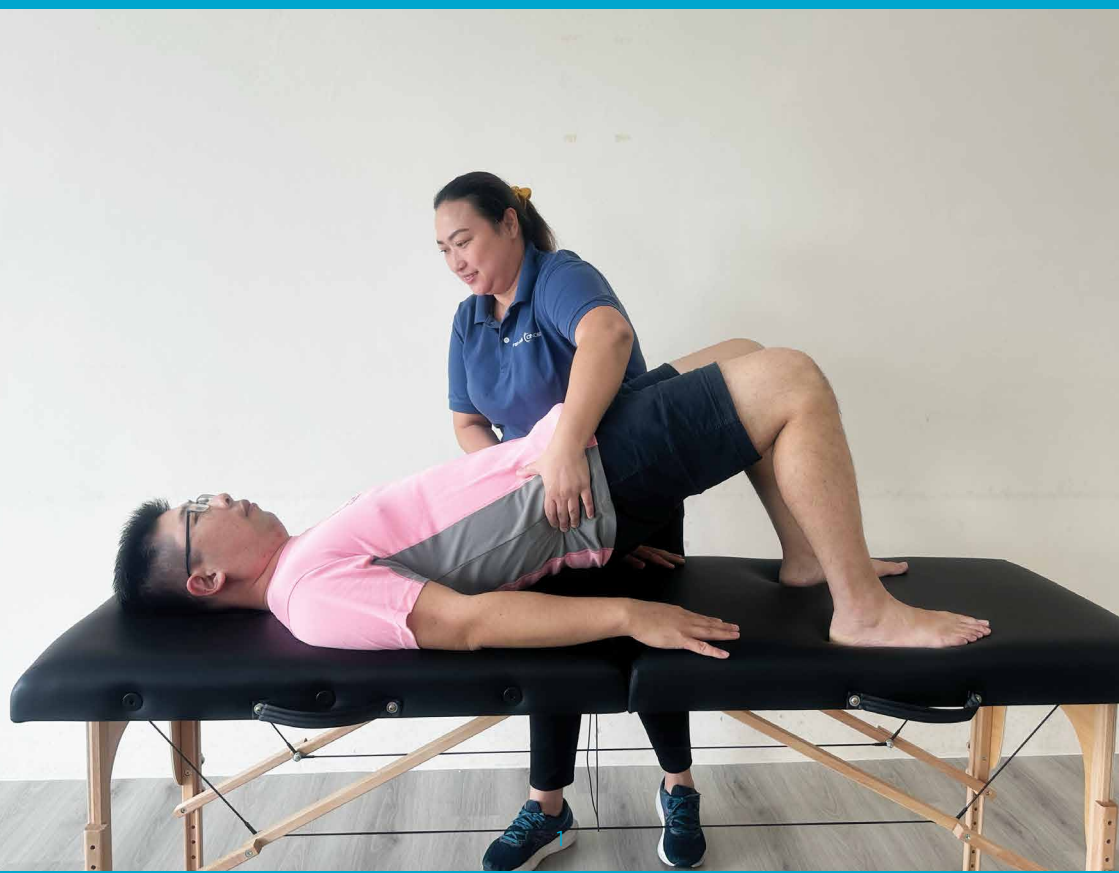
Picasso is proud to partner with Rehab Concept, a centre providing rehabilitative services and post-operative care. Rehab Concept's newest centre in Jaya One, Petaling Jaya focuses on musculoskeletal and oncology rehabilitation, helping many of our patients return to their normal lives after undergoing treatment.

- **Improved Urinary Control**

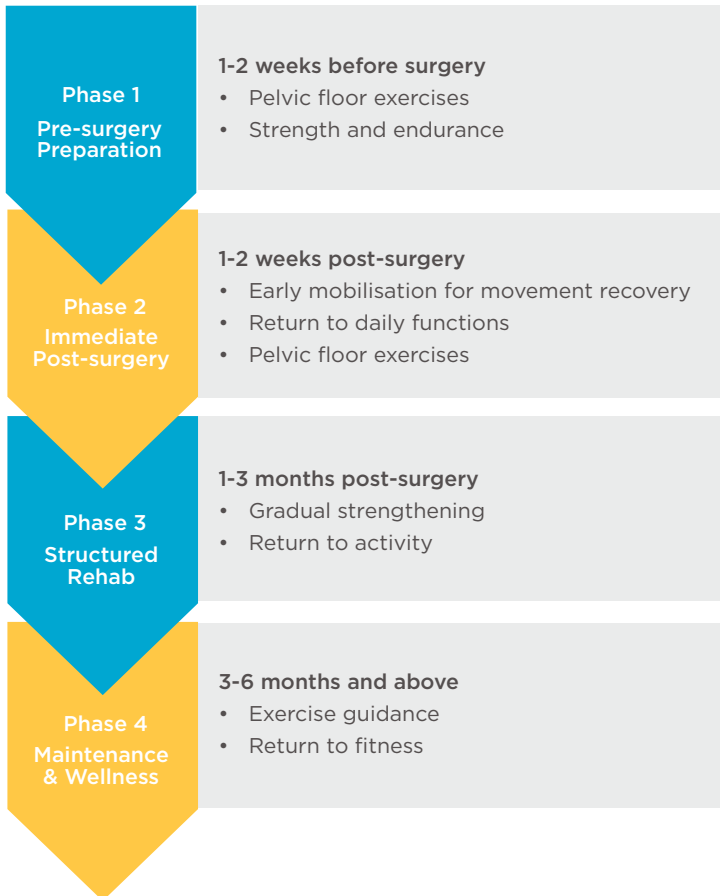
Evidence-based pelvic floor exercises designed to reduce incontinence and help you regain control

- **Restored Strength & Mobility**

Gradual, supervised strength training to rebuild muscle resilience and support daily activities



Our Prostate Cancer Rehabilitation Programme



Rehabilitation in Rehab Concept

Choosing the right support is essential for a comfortable and effective recovery. Through our physiotherapy partner, Rehab Concept, your privacy and comfort are prioritised, ensuring a personalised experience in a supportive environment.

- Private treatment rooms
- Experienced therapists
- Personalised care



Frequently Asked Questions

Q1. When should I start physiotherapy?

Starting pelvic floor exercises before surgery gives you the best head start. Our team will also guide you through post-surgery recovery.

Q2. Will this help with incontinence?

Yes, our programme is designed to reduce or even resolve incontinence with tailored pelvic floor exercises.

Q3. Can I resume physical activities?

Absolutely. We will help you gradually return to physical activities at a pace that is safe and sustainable.

How to Make an Appointment

Your care team at Picaso will advise you on the physiotherapy services required for your treatment. Appointments for your physiotherapy sessions can be made with Rehab Concept PJ:

REHAB CONCEPT PJ

A-7-G & A-7-M, Jaya One, 72A,
Jln Profesor Diraja Ungku Aziz, Seksyen 13,
46200 Petaling Jaya, Selangor 2.

Contact Number : 012-688 9744

Operating Hours : Monday - Saturday
9:00 am - 5:00 pm



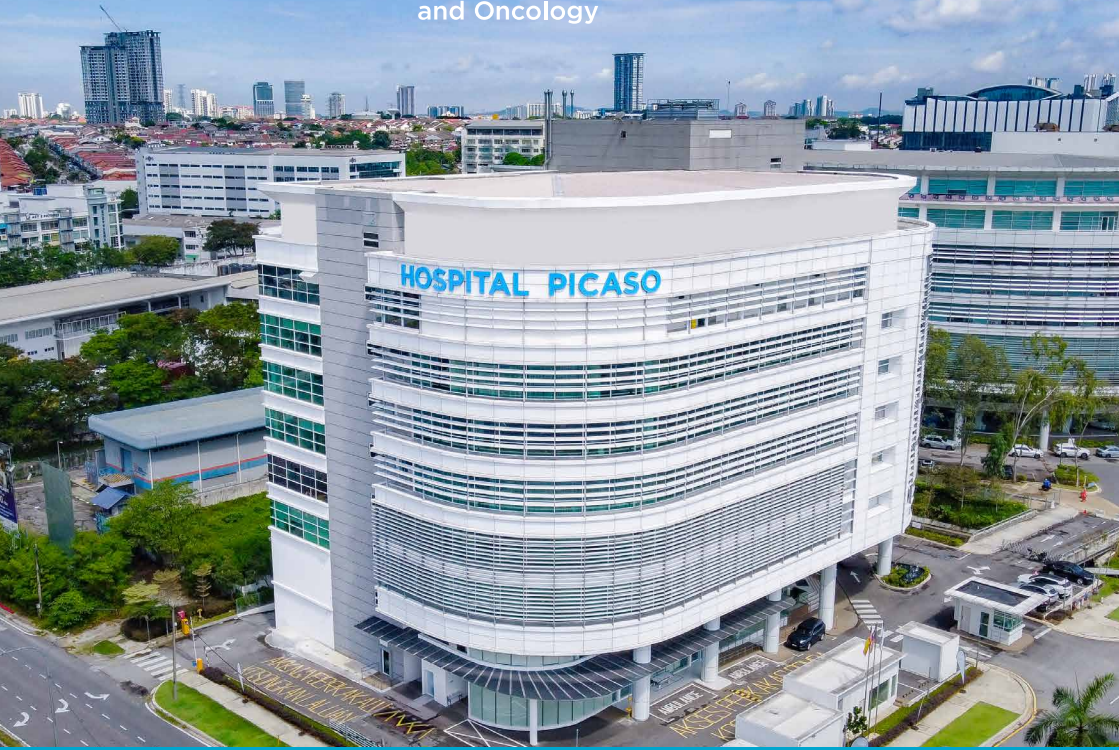
[Scan to Chat
on WhatsApp](#)

Please bring all relevant diagnostic test results (i.e. X-ray, MRI, etc) as well as other documents as advised by your care team. You are recommended to wear loose, breathable clothing for your assessment/treatment sessions.

Picaso

HOSPITAL PICASO

PJ Integrated Centre
for Advanced Surgery
and Oncology



HOSPITAL PICASO

No. 110, Jalan Professor Khoo Kay Kim,
Seksyen 19, 46300 Petaling Jaya,
Selangor Darul Ehsan, Malaysia

Emergency Line : +603-7457 2999

General Line : +603-7457 2888

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