

Innovationen in der urologischen Rehabilitation nach radikaler Prostatektomie

Marc Heydenreich, Dirk-Henrik Zermann

Literatur

1. Heydenreich M, Walke GR, DH Z. Wo liegt die „Minimal Clinical Important Difference“ (MCID) im 1- und 24-Stunden Pad-Test in der Diagnostik der Belastungsharninkontinenz nach radikaler Prostatektomie? *Der Urologe*. 2019
2. Zermann D-H, Förster C. Das Konzept der fachübergreifenden funktionsorientierten urologischen Rehabilitation nach Operation eines Prostatakarzinoms. *Physikalische Medizin, Rehabilitationsmedizin, Kurortmedizin*. 2007;17(05):281-5
3. Anderson CA, Omar MI, Campbell SE, Hunter KF, Cody JD, Glazener C. Conservative management for post-prostatectomy urinary incontinence. *The Cochrane Library*. 2015
4. Pedriali FR, Gomes CS, Soares L, Urbano MR, Moreira ECH, Averbeck MA, et al Is pilates as effective as conventional pelvic floor muscle exercises in the conservative treatment of post-prostatectomy urinary incontinence? A randomised controlled trial. *Neurourology and urodynamics*. 2015
5. Gomes CS, Pedriali FR, Urbano MR, Moreira EH, Averbeck MA, Almeida SHM. The effects of Pilates method on pelvic floor muscle strength in patients with post-prostatectomy urinary incontinence: A randomized clinical trial. *Neurourology and urodynamics*. 2018;37(1):346-53
6. Anders C, Wenzel B, Scholle HC. Activation characteristics of trunk muscles during cyclic upper-body perturbations caused by an oscillating pole. *Archives of physical medicine and rehabilitation*. 2008;89(7):1314-22
7. Hodges PW. Is there a role for transversus abdominis in lumbo-pelvic stability? *Manual therapy*. 1999;4(2):74-86
8. Sapsford R. Rehabilitation of pelvic floor muscles utilizing trunk stabilization. *Manual Therapy*. 2004;9(1):3-12
9. Sapsford R, Hodges P, Richardson C, Cooper D, Markwell S, Jull G. Co-activation of the abdominal and pelvic floor muscles during voluntary exercises. *Neurourology and urodynamics*. 2001;20(1):31-42

10. Overgard M, Angelsen A, Lydersen S, Markved S. Does physiotherapist-guided pelvic floor muscle training reduce urinary incontinence after radical prostatectomy? A randomised controlled trial. *European Urology*. 2008;54(2):438-48
11. Zermann D-H. Corpus cavernosum rehabilitation after radical urooncological procedures. *Der Urologe*. 2008;47:693-8
12. Heydenreich M, Puta C, Gabriel HH, Dietze A, Wright P, Zermann D-H. Does trunk muscle training with an oscillating rod improve urinary incontinence after radical prostatectomy? A prospective randomized controlled trial. *Clinical Rehabilitation*. 2019:0269215519893096