



Beth Shelly PT

1634 Avenue of the Cities
Moline, IL 61265

563-940-2481 cell phone
www.bethshelly.com

Physical Therapy Before and After Prostate Surgery

The physicians at Urological Associates offer state-of-the-art treatments for prostate disease. This includes physical therapy (PT) to train the pelvic floor muscles before and after surgery. Research shows quicker improvement in urine leakage after surgery if exercises are started before surgery. The exercises are not hard and will not take much time but do need to be learned well.

When will treatment occur?

The doctors have requested one or two PT visits before and one or two PT visits after your surgery. Treatments are given 1 to 4 weeks before surgery and 2 to 4 weeks after surgery. Specific appointments will be made directly by Beth Shelly PT.

Who will provide treatments?

Pelvic physical therapy specialist Dr Beth Shelly will provide treatments. Beth is an industry leader. She lectures around the world and has several publications on this topic. Scheduling and billing will come directly from Beth Shelly Physical Therapy 563-940-2481.

Where are treatments provided?

Beth treats patients in the Urological Associates office on Spring St in Davenport on Monday morning from 8 to 12. Appointments are also available in the main office of Beth Shelly Physical Therapy at 1634 Avenue of the Cities in Moline the rest of the week. Directions and pictures of the building are available at www.bethshelly.com

Cost of therapy session

Insurance is changing rapidly and in most cases becoming more restrictive. This therapy is billed the same as any PT for any other part of the body. You may want to check with your specific insurance company. Information on billing codes used and type of billing can be found on the web site www.bethshelly.com click on "for patients" and open the file "checking your insurance". Modification in billing is possible; please call Beth directly if you have questions.

Before your first visit

You may visit the web site and read more about treatments. You do not need to fill out any paperwork ahead – that will all be provided by Urological Associates. Medicare patients should bring all medications to the first visit (or complete the "Medicare Medication form" on the web site). All patient should come in about 5 minutes early to complete a quick questionnaire.

I look forward to working with you in speeding your recovery. Please call if you have any questions.

Elizabeth R Shelly, PT, DPT, WCS, BCB-PMD