

# PEX TRIAL

Preoperative Exercise Medicine  
**FOR PROSTATE CANCER**

## Research study to determine if exercise enhances recovery following prostate cancer surgery

Opportunity to take part in a research study designed to improve your health and wellbeing

- You will receive best practice pelvic floor physiotherapy treatment before and after your surgery. This includes two individual sessions with a specialist physio, an information booklet and a tailored pelvic floor muscle training program
- Additionally, you have the chance to receive a free ~4-5 month supervised full-body exercise program before and after your surgery. This includes an individualized program, delivered by a qualified exercise physiologist at fitness centres throughout Melbourne
- Men who are scheduled for prostate cancer surgery and can read and speak English may be eligible to participate



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**For more information please contact:**

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