

Penile Clamp Protocol - Dr Jo Milios (Physio)

Penile Clamp - 4-6 weeks (6 days/week)

Aims to increase bladder capacity

Aims to increase pelvic floor muscle training

Aims to improve quality of life during significant incontinence phase

- Commence wearing penile clamp during the day, with a minimum of 2 hours between emptying bladder.
- Wear all hours that you are active & keep on even with exercise (eg 8am-8pm). **Never wear at night.**
- Aim to increase duration of wearing clamp from 2 hourly empties, to 2-3 hours, then 3-4 hours of holding between bladder emptying. (4 hrs maximum use and never hold if in pain).
- Have **one day off each week** to rest skin and test bladder function. (Chart - do bladder chart 1 day each week for 4 weeks).
- After 4 weeks - **REVIEW**. May stop using if down to 3 pads/day or can continue for another 2-4 week block. Wean off pads.
- Use clamp as an aid if very vigorous exercise or special outings eg: weddings or when alcohol may be consumed.
- **STOP** using clamp long term, temporary aid only.