

## WEEKLY PAD WEIGH DIARY FOLLOWING RADICAL PROSTATECTOMY

Your physiotherapist has advised you to keep a record of pad weights. This is very useful in tracking your progress over time.

To weigh your pad you will need sensitive / electronic (ie kitchen) scales. Weigh a dry pad in a plastic (or zip lock) bag to get a base-line. You should be able to use this measurement as a standard against the other wet pads, however if you change pad type you will need to establish a new "dry weight". Then place pad in a similar small bag and weigh (the pad doesn't have to be weighed immediately).

Record your net weight of each pad (wet weight – dry weight) on the diary below and please bring it to every appointment.

Name: \_\_\_\_\_

Commencement Date:    /    /

	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>WEEK 1</b>							
<b>TOTALS</b>							
<b>WEEK 2</b>							
<b>TOTALS</b>							
<b>WEEK 3</b>							
<b>TOTALS</b>							
<b>WEEK 4</b>							
<b>TOTALS</b>							

	<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THURS</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
<b>WEEK 5</b>							
<b>TOTALS</b>							
<b>WEEK 6</b>							
<b>TOTALS</b>							
<b>WEEK 7</b>							
<b>TOTALS</b>							
<b>WEEK 8</b>							
<b>TOTALS</b>							
<b>WEEK 9</b>							
<b>TOTALS</b>							
<b>WEEK 10</b>							
<b>TOTALS</b>							
<b>WEEK 11</b>							
<b>TOTALS</b>							
<b>WEEK 12</b>							
<b>TOTALS</b>							