



WEB OF SCIENCE

SPINAL METASTASIS BACK PAIN –A CHALLENGE FOR REHABILITATION TEAM

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Abstract

After lung and liver cancer metastasis follows the spine, being a source of pain and dysfunction.

Aim of the study: to identify source of the pain in spine metastatic patients in order to adjust the proper rehabilitation intervention.

Methods. An observational study, which included 10 patients with spine metastasis and back pain. Data recorded: demographic data (gender, age, ages of formal education, marital status, actual and former occupation, hobby activities), type of primary cancer and metastasis, pain inventory (0-10 on Visual Analogous Scale), limitations of ADLs, motor function, stance and gait.

Results. Patients main age was 61,2 years, mostly men (30%, formal education 11,8 years, 40% patient professional active at the beginning of the symptoms. Primary cancer location in a large percentage it was the prostate, followed by breast at woman. Back pain: permanent pain in most patients, increased with activities, declared level of pain 6,8 on VAS, 5,2 during the night. Functional level : 40% patient able for ADL, 60 % patient with a help need for ADL or with permanent care need. **Conclusions.** Fear of pain and fracture is reflected in reduced occupational activities in most patients.

Rehabilitation tasks are complex from education, adaptations to actual functionality and training to maintain the self care and efficacy.

Key Words: *cancer metastasis, pain, functional level*