E-Poster

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The Effects of Physical Therapeutic Methods for Patients Included in Oncorehabilitation Programs

Topic: Health Conditions (Nervous System, Musculoskeletal System, Cardiopulmonary System)

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BACKGROUND

Physical and rehabilitation medicine, was not long ago on the list of contraindications in the management of the oncological patient, both as an approach to the pathological concept itself, and as an approach to the main clinical consequences and functional aspects of oncological therapies applied in various types of cancer: surgery, chemotherapy, immunotherapy, hormone therapy or radiotherapy.

METHODS

Our study proposes an analysis of the last decade about the prescription of these therapies with specific indications and methodologies in oncological rehabilitation. This systematic literature review is based on the "Preferred Reporting Items for Systematic Reviews and Meta- Analysis"—"PRISMA"—methodology, the widely internationally accepted method.

RESULTS

Physical recovery after curing cancer depends on the particularities of each individual case and is influenced by the type of tumor, its staging, the patient's therapeutic response and any complications that may occur during the course of the disease. The active rehabilitative therapies in oncorehabilitation are planned for deconditioning statuses, different types of pain, cardiorespiratory disfunction, failure risk, walking problems, abilities for daily living, disorders of venous and limfatic systems, skin troubles and so on, directly related with type of disability. Physical exercises, water based physical exercises, transcutaneous electrical nerve stimulation, ultrasound, LASER, massage therapy, mechanical lymphatic drainage therapy, extracorporeal shock wave therapy, balneotherapy or the use of oxygen therapy in different alternating doses, today represent therapeutic options in the rehabilitation of the oncological patient, in order to increase functioning and quality of life, integratively addressing all aspects, both physical and psychological, of the disease.

CONCLUSION

In conclusion, integrative alternative methods, based on physical therapies represent an important component in the rehabilitation of cancer patients, offering a holistic approach that complements conventional treatments.

Statement of Disclosures

None

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