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# Locomotor Disorders in Patients With Hemochromatosis: The Role of Physical Medicine and Rehabilitation Specialists

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

Sime Mijic, Ivan Novak

*Department of Physical Medicine and Rheumatology, Polyclinic Health Faktor, Zagreb, Croatia*

## BACKGROUND

Hemochromatosis is a disorder characterized by excessive iron accumulation in the body, leading to damage to various organ systems, including the musculoskeletal system. Locomotor disorders often remain overlooked unless evaluated by a specialist in physical medicine and rehabilitation. The aim of this study is to analyze musculoskeletal and functional disorders in patients with hemochromatosis and highlight the importance of a multidisciplinary approach in their treatment.

## METHODS

A total of 40 patients (24 men and 16 women) diagnosed with primary or secondary hemochromatosis were analyzed. These patients had undergone hematological assessment and were referred to a specialist in physical medicine and rehabilitation. Clinical evaluation included the frequency and severity of arthralgia, muscle weakness, reduced mobility, and chronic fatigue. Functional status was assessed using standardized mobility tests and pain scales.

## RESULTS

The most common locomotor disorders in the analyzed patients were:

Arthralgia – most commonly affecting the metacarpophalangeal joints, knees, and shoulders.

Muscle weakness – more pronounced in the lower extremities, particularly in the quadriceps and calf muscles.

Reduced joint mobility – limitation in finger extension and knee flexion.

Chronic fatigue – significantly impacting the ability to perform daily activities.

Peripheral neuropathy – symptoms of tingling and reduced sensation in the distal extremities.

Postural instability and fall risk – associated with muscle weakness and sensory neuropathy.

## CONCLUSION

A multidisciplinary approach that integrates physical medicine, pharmacological therapy, and personalized rehabilitation is crucial in improving mobility, reducing pain, and enhancing the quality of life for patients with hemochromatosis. Early recognition and intervention can mitigate disease progression and functional impairment.

**Statement of Disclosures**

None

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**Corresponding Author:**
Sime Mijic
Department of Physical Medicine and Rheumatology, Polyclinic Health Faktor, Zagreb, Croatia
**Email:** sime.mijic@gmail.com