Outpatient Physical Therapy Management of a Breast Cancer Survivor Following Kyphoplasty with a Complex Medical History
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Background and Purpose
- There are over 3 million breast cancer survivors in the U.S.
- Cancer and its treatment can cause a wide variety of long-term physical and psychological problems
- The physical therapist’s role is not well defined for this population
- The purpose of this case report is to describe the outpatient physical therapy management for a patient with a history of breast cancer as well as considerable additional health issues

Patient History
- Patient was a 70 year old female who was referred to outpatient physical therapy for generalized weakness following kyphoplasty
- Patient had an extensive medical history, including:
  - Metastatic breast cancer
  - Double mastectomy
  - Advanced Osteoporosis
  - Kyphoplasty – 1 year ago
  - Stroke – 12 years ago
  - Stress urinary incontinence
  - Fibromyalgia
  - Atrial fibrillations
  - Migraines
  - Depression

Kyphoplasty Surgery
- Vertebral compression fractures (left) were surgically expanded
- Space was then filled with orthopedic cement (right)

Procedural Interventions
- Patient was seen for a total of 11, 40 minute sessions over the course of 6 weeks
- Each session combined therapeutic exercise, functional training, and manual techniques

Outcomes
- All outcomes improved from baseline to discharge
- Functional mobility improved as patient no longer used a wheelchair for community ambulation

Future randomized control trials should focus on the effects of individualized outpatient physical therapy management to improve function and quality of life for cancer survivors with complex medical histories

<table>
<thead>
<tr>
<th>Test / Outcome Measure</th>
<th>Baseline</th>
<th>Discharge</th>
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<tbody>
<tr>
<td>Pain Visual Analog Scale (VAS)</td>
<td>7.4 / 10</td>
<td>7.0 / 10</td>
</tr>
<tr>
<td>Therapeutic Associates Outcomes System (TAOS)</td>
<td>26%</td>
<td>40%</td>
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<tr>
<td>Life Satisfaction Questionnaire 9 (LiSAT-9)</td>
<td>30/54</td>
<td>40/54</td>
</tr>
<tr>
<td>Five Times Sit to Stand Test (FTSST)</td>
<td>49 seconds</td>
<td>19 seconds</td>
</tr>
<tr>
<td>Fatigue Severity Scale (FSS)</td>
<td>63/63</td>
<td>53/63</td>
</tr>
<tr>
<td>Activities-specific Balance Confidence Scale (ABC Scale)</td>
<td>34%</td>
<td>48%</td>
</tr>
</tbody>
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Discussion
- Patient made good progress and able to reach her goals
- Previous studies have demonstrated physical and psychological benefits of physical activity for cancer survivors
- Findings demonstrate the potential of individualized outpatient physical therapy management to improve function and quality of life for cancer survivors with complex medical histories
- Future randomized control trials should focus on the effects of individualized treatment on function and quality of life for this population in the outpatient setting