

PAL-OVERCOME: TRANSFORMING LIVES IN BONE METASTATIC BREAST CANCER THROUGH FUNCTIONAL REHABILITATION

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European Cancer Summit
 Accelerating Momentum:
 A manifesto to 2030



AIM

This study aims to evaluate the **effectiveness** of a pioneering **functional rehabilitation program** designed to improve functional capacity and quality of life (QoL) in women living with both **Breast Cancer** (BC) and **Bone Metastases** (BM)

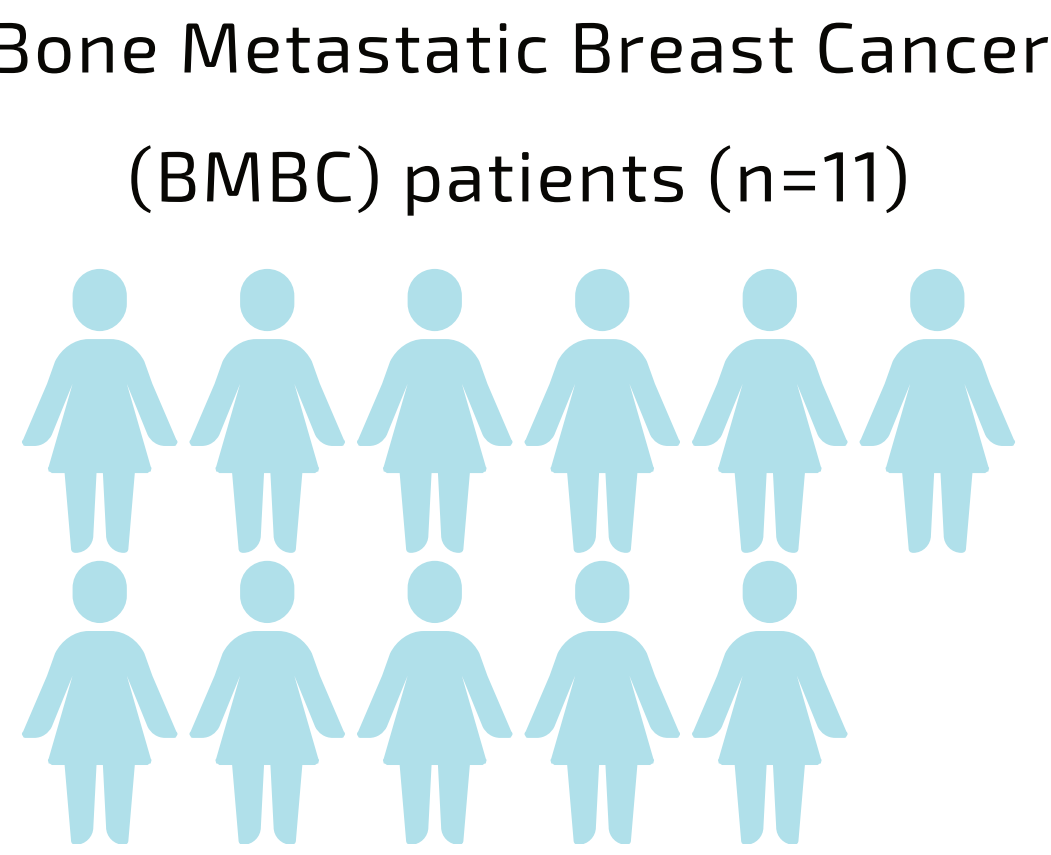
CONCLUSION

A **functional rehabilitation program can improve the functional status** stemming from the metastatic process and from medical and surgical treatment. These results open up exciting new avenues for therapeutic interventions aimed at enhancing the QoL for individuals battling breast cancer and bone metastases. The **high adherence rate** underscores the feasibility and potential benefits of such programs, paving the way for further research and broader implementation in clinical settings. Ultimately, this pilot study represents a promising step forward in improving the well-being of women facing this challenging medical condition.

METHODOLOGY

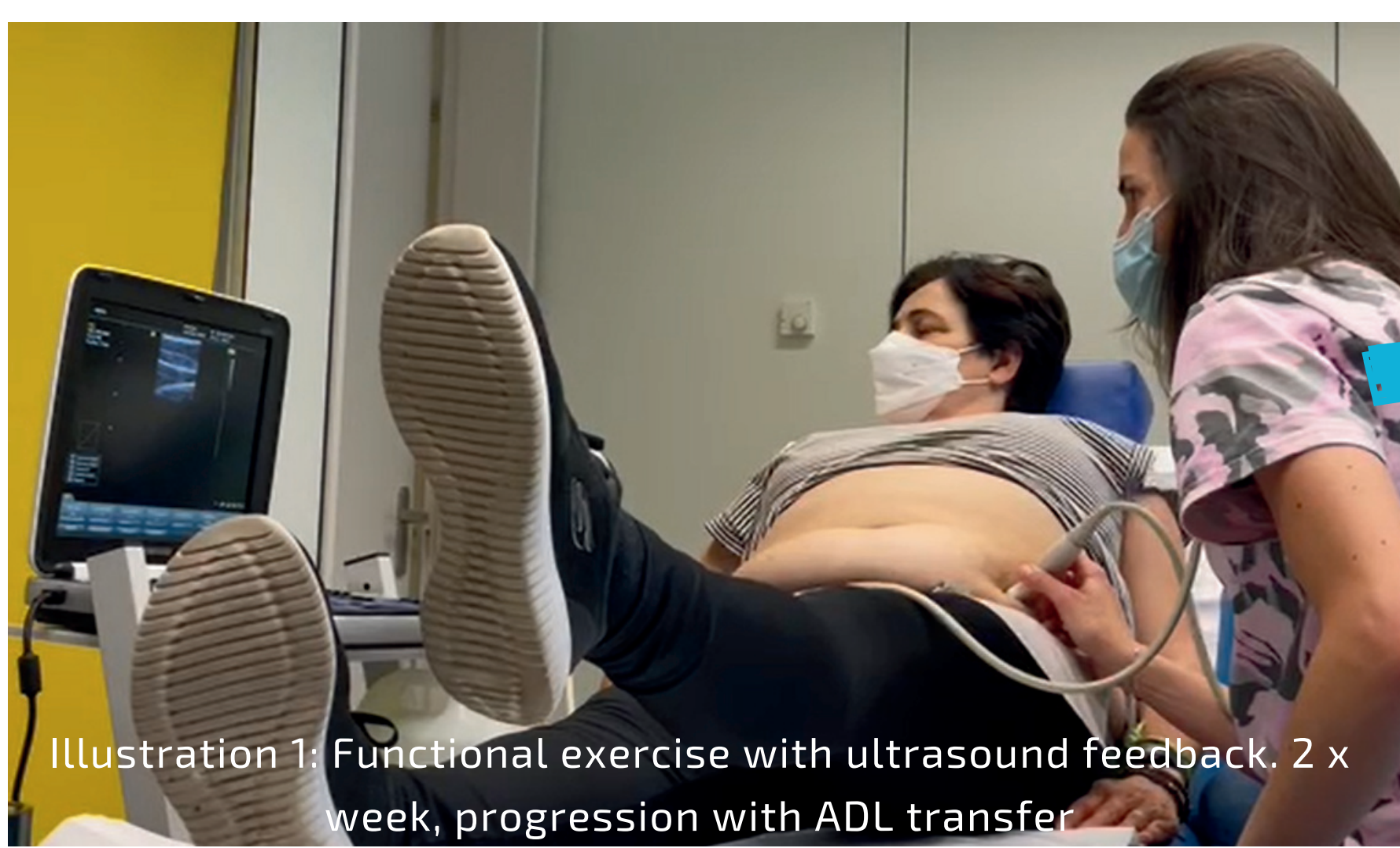
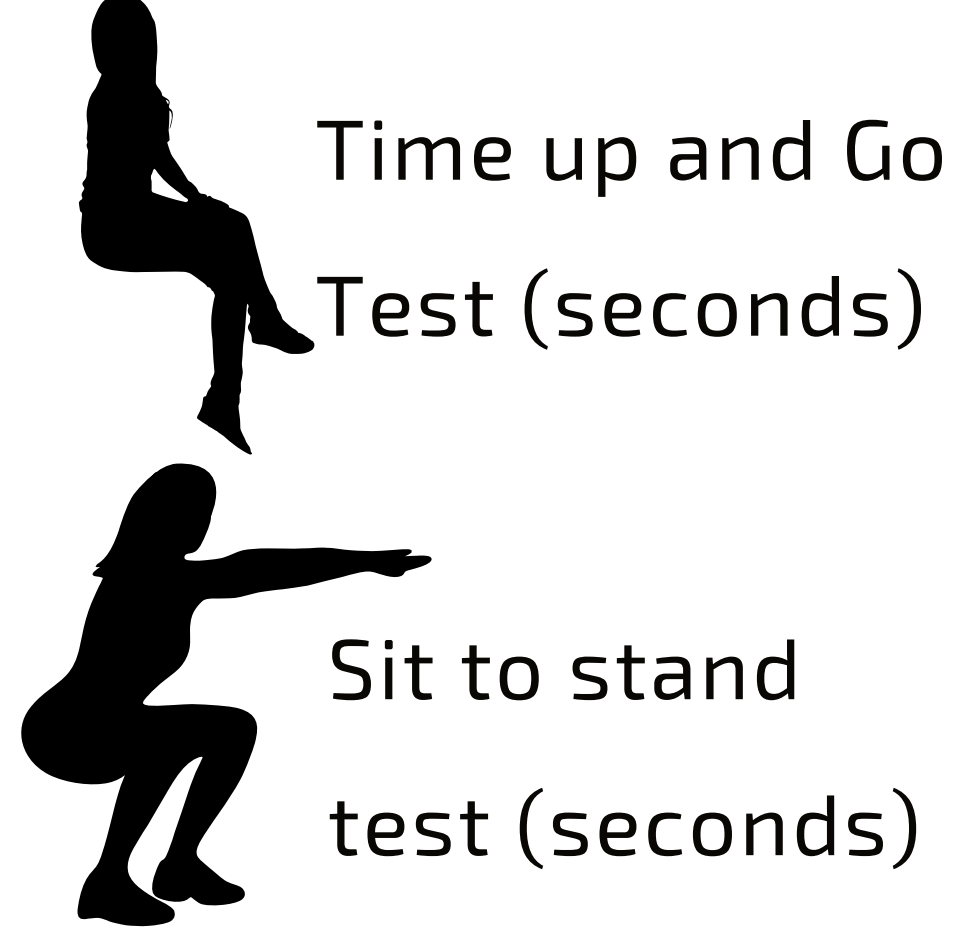
DESIGN
 Pre-post single-arm pilot clinical trial (3 months)

- INCLUSION CRITERIA**
- BMBC (spine and/or pelvis)
 - ECOG ≤ 2
 - > 4 weeks major surgery
 - No neurological involvement



OUTCOMES

2 ASSESSMENTS PRE-POST INTERVENTION (3 MONTHS)



FUNCTIONAL REHABILITATION PROGRAM (3 MONTHS)

RESULTS

*p<0.05

