

# Spinal Tumors & Cancer Rehabilitation



## What are Spinal Tumors?

Spinal tumors are abnormal growths that develop within or around the spinal column or spinal cord.

These tumors can be:

**Primary:** Originating in the spine or spinal cord (e.g., meningiomas, astrocytoma)

**Metastatic:** Spread from cancers in other organs, such as the breast, prostate, lung, kidney, or thyroid

The spine is one of the most common and often early sites of metastatic disease, affecting up to 40% of individuals with cancer. Metastases can involve the thoracic, lumbar, or cervical spine, and may present with pain, instability, or neurological compromise.

## What Can Happen with a Spinal Tumor?

Spinal tumors can cause a variety of symptoms and complications, including:

- **Back or Neck Pain:** Persistent or worsening pain, sometimes radiating to arms or legs.
- **Numbness or Weakness:** Tingling, numbness, or weakness in the limbs.
- **Difficulty Walking:** Trouble with balance or coordination.
- **Bladder or Bowel Changes:** Problems with control or incontinence.
- **Spinal Instability:** Risk of fractures or changes in posture.
- **Fatigue and Skin Issues:** Increased tiredness, pressure injuries, or skin breakdown.
- **Emotional Impact:** Anxiety, depression, or changes in mood.

**Early diagnosis and treatment are important to manage symptoms and maintain quality of life.**

## How Cancer Rehabilitation Specialists Can Help:

- Restore **mobility and independence**

- Promote or preserve **spinal stability**
- Evaluate and manage **pain and neurologic symptoms**
- Support **bladder and bowel function**
- Minimize **deconditioning, falls, and hospital readmissions**
- Identify and treat **chemotherapy-, radiation-, or surgery-related complications**
- Manage **skin integrity** and pressure injuries
- Provide **psychosocial support** to patients and families

Improve **overall quality of life** through individualized care plans.

## Remember

Cancer rehabilitation for spinal tumors is a proactive, team-based approach that addresses physical, neurological, and emotional challenges. You can expect a focus on pain relief, restoring independence, and improving your overall well-being, with care tailored to your individual situation.



**International Cancer  
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