Keywords: Paediatric oncology; Solid tumour; Cancer rehabilitation
Introduction.– Cancer rehabilitation is becoming more of a focus for the field of phyisiatry due to increased longevity and the side effects of treatment.

Material and methods.– In order to investigate the rehabilitation needs of patients, chart analysis was conducted on 40 children (aged 2–19 years) treated for primary solid tumours by chemotherapy, radiotherapy, oncologic surgery, included limb-sparing procedures. Patients underwent a course of preoperative and postoperative inpatient physical therapy. This study evaluated the short and long-term changes in physical fitness of a child with a childhood malignancy; using an individual rehabilitation program, consist with combined physical exercise, kinesiotherapy, aquatic rehabilitation, psychosocial intervention implemented during and shortly after treatment. Training is performed individually, under the supervision of an experienced paediatric physical therapist.

Results.– We suggest that the usage an individual rehabilitation program can decrease pain, improve muscle strength and range of motion in joints, an increased supply of blood to the muscles, higher muscle metabolism, and more circulation in the limbs, improves tissue nutrition and helps the healing process.

Discussion.– Childhood cancer patients undergoing long-term cancer therapy may benefit from an individual rehabilitation program since it may maintain or enhance their physical fitness and increase their quality of life.

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