CC BY NC

FUNCTIONAL REHABILITATION FOR CANCER PATIENTS THROUGH PHYSICAL THERAPY

[1] **Denisa Piele**
[1] **Rusu Ligia**
[1] **Oana Bianca Budeanca- Babolea**

[1] **University of Craiova, Faculty of Physical Education and Sports**

Cancer and its treatment significantly impact patients' physical and psychological well-being, leading to a reduced quality of life (QoL). A comprehensive rehabilitation approach integrating physical therapy may contribute to both physical and emotional recovery. This study examines the correlation between physical therapy and psychological status using validated assessment tools.

A cohort of cancer patients undergoing rehabilitation was assessed using the European Organisation for Research and Treatment of Cancer Quality of Life Questionnaire (EORTC QLQ-C30) for QoL and the Functional Assessment of Cancer Therapy – General (FACT-G) to evaluate the relationship between physical and psychological well-being. Patients participated in a structured physical therapy program, including strength training, aerobic exercises, and relaxation techniques. Psychological distress and emotional well-being were assessed alongside physical improvements.

Significant improvements were observed in physical function, fatigue levels, and emotional well-being. A FACT-G score above 70 points is associated with lower EORTC QLQ-C30 symptom scores, highlighting correlations between improved physical status and reduced psychological distress. Patients with better physical endurance reported lower anxiety and depressive symptoms, as well as enhanced social interactions and coping mechanisms.

Physical therapy plays a critical role in cancer rehabilitation, with direct benefits to psychological well-being. The strong correlation between physical and emotional recovery highlights the need for a multidisciplinary rehabilitation approach to improve QoL in oncological patients.

Keywords: oncology, rehabilitation, physical therapy

Article received: 10.09.2025.

Article accepted: 24.09.2025.

Corresponding author:
Denisa Piele
E-mail: denisa.piele@yahoo.com