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PHYSIOTHERAPY MANAGEMENT IN A PATIENT WITH PANCREATIC CARCINOMA PRESENTING AS LOW BACK PAIN: A CASE STUDY.

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Background: Low back pain is commonly associated with musculoskeletal conditions; however, it may also be a manifestation of serious underlying pathologies such as pancreatic carcinoma. Pancreatic carcinoma, though primarily associated with abdominal symptoms, can occasionally present as vague, persistent low back pain due to retroperitoneal involvement and neural referral patterns.

Purpose: Case study is to highlight the role of physiotherapy assessment in identifying red flags and to describe the physiotherapy management provided to a patient with pancreatic carcinoma presenting primarily with low back pain, emphasizing early clinical reasoning and referral.

Methods and Materials: A detailed clinical evaluation was performed including subjective history, physical examination, and screening for red flag symptoms. The patient reported persistent low back pain not relieved by rest and associated systemic symptoms. Diagnostic investigations confirmed pancreatic carcinoma. Physiotherapy management included pain-relieving modalities, gentle mobility exercises, breathing exercises, postural education, and functional training aimed at improving mobility and quality of life. Outcome measures included the Numeric Pain Rating Scale (NPRS) and functional mobility assessment to monitor progress over time.

Results: Following physiotherapy intervention, the patient demonstrated a reduction in pain intensity and improved functional mobility. Physiotherapy interventions contributed to symptom relief, better posture, improved activity tolerance, and enhanced participation in daily activities.

Conclusion: This case highlights the importance of thorough physiotherapy assessment in identifying non-musculoskeletal causes of low back pain. Physiotherapy plays a supportive role in managing symptoms and improving the patient's functional status and quality of life. Early identification of red flags by physiotherapists can facilitate timely medical referral and multidisciplinary management. Physiotherapy interventions remain valuable in improving comfort, promoting independence, and enhancing overall patient well-being in cancer-related pain.

Keywords:

Pancreatic carcinoma, Low back pain, Physiotherapy management, Red flags, Case study.