# Spinal and Brain Tumours

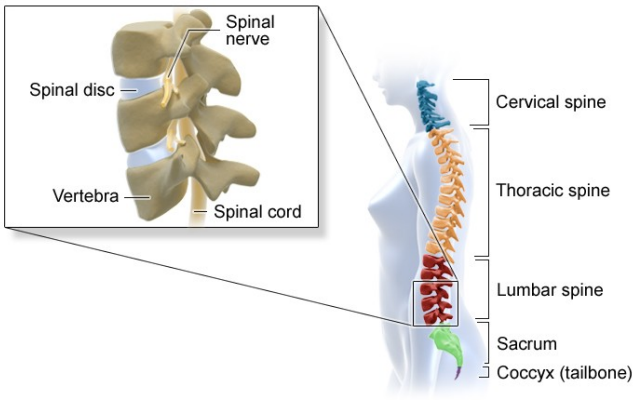
Okay, so let's start with the spine:

## Spinal tumours

Spinal tumours are growths that form inside or around the spinal canal. These growths can put pressure on the spinal cord, producing symptoms which may include loss of sensation in the arms, chest or legs, difficulty walking and others.

Tumours are diagnosed via MRI, and a biopsy can be obtained to determine what kind of tumour it is.

The cause of spinal tumours are unknown, however genetic conditions such as neurofibromatosis can increase the risk of developing a spinal tumour.

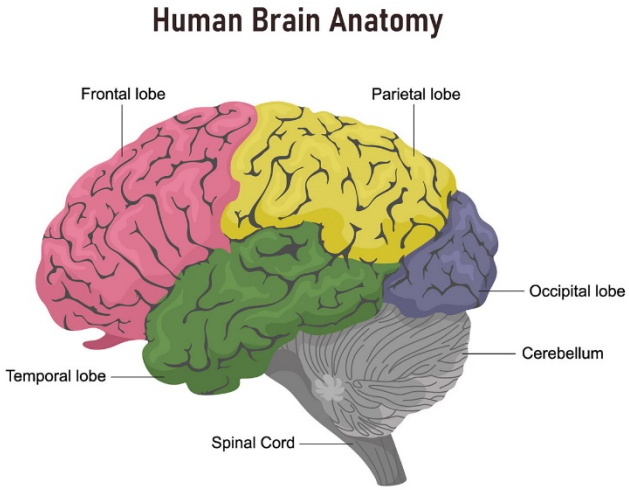



Now let's talk about the brain

# Brain tumours

Brain tumours are growths in or on the brain, and these can influence the person's personality or impact their function. Medications can be prescribed to manage the tumour and symptoms, and physiotherapy can be completed as an additional strategy to manage symptoms.

Symptoms may include headaches, nausea, drowsiness, mental or behavioral changes, fits (seizures), speech or vision problems, progressive weakness – these symptoms are not indicative of tumours but see your GP to identify the cause of your symptoms.




# How can physiotherapy help?

Physiotherapy intervention can improve coordination and balance in walking. It can also reduce any muscle spasms and improve pain and stiffness. Physiotherapy can retrain movements so everyday tasks and activities are easier to complete.

# What to expect:

Physiotherapy treatment will be structured around the goals set by the client. The interventions used may include head and neck control exercises, transfer practice and bed mobility, gait re-education, sensory stimulation, stretching and strengthening exercises.

Involvement of other MDT (doctors, nurses, occupational therapists, social workers etc.) and providing relevant equipment can be used alongside therapy.

A Physiotherapy assessment will comprise of testing muscle strength, neurological deficits and setting patient goals and expectations