

Bone Tumors and their Treatments

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A bone tumor is a neoplastic growth of tissue in bone. These abnormal growths found in the bone can be either benign (noncancerous) or malignant (cancerous) in nature. Benign bone tumors include osteoma, osteoid osteoma, osteochondroma, osteoblastoma, enchondroma, giant cell tumor of bone and aneurysmal bone cyst. Malignant primary bone tumors include osteosarcoma, chondrosarcoma, Ewing's sarcoma, and fibrosarcoma. Causes of bone tumors include abnormal healing of an injury, inherited conditions and radiation therapy. Bone cancer can also be caused by another cancer that has spread to the bone from other parts of the body.

Stages of bone tumor

- **Stage 1:** "Latent"; usually asymptomatic; may resolve without treatment; observation is appropriate
- **Stage 2:** "Active"; not likely to resolve; surgical intervention is usually indicated
- **Stage 3:** "Aggressive"; not malignant but recurrence is likely and aggressive treatment is indicated
- **Stage 4:** "Metastatic tumor"; spreads to the other part of the body.

Signs and symptoms of bone tumor include

A bone tumor may cause a painless mass. Some people have dull, aching pain. In some cases, minor injury causes a fracture near the tumor. People may experience: Bones or joints pain, bone fracture, feeling tired, limping, swelling, and unexpected weight loss.

Treatment of bone tumors

Some non-cancerous tumors go away without treatment. For a high-grade tumor, doctors often use a combination of treatments. These include surgery, chemotherapy, and radiation therapy.

Medical procedure includes

- **Tissue scraping:** Removal of tissue by scraping or scooping with surgical instruments
- **Radiation therapy:** Treatment that uses x-rays and other high-energy rays to kill abnormal cells.
- **Chemotherapy:** Kills cells that are growing or multiplying too quickly.

Surgery

- **Limb sparing surgical resection:** Surgical procedure that removes disease while preserving the affected limb.
- **Bone grafting:** Surgical placement of new bone around fractures to help them heal
- **Arthrodesis:** Surgical fusion of the bones that form a joint.
- **Wide local excision:** Surgical removal of a small area of tissue, along with a margin of normal tissue beyond the border of disease.
- **Physical Therapy:** Help keep or return to a level of fitness by using strength and endurance exercises. The main purpose is to keep muscles strong and flexible or restore strength and movement.
- **Prosthesis:** An artificial replacement for a missing body part, such as a leg or hand.

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