

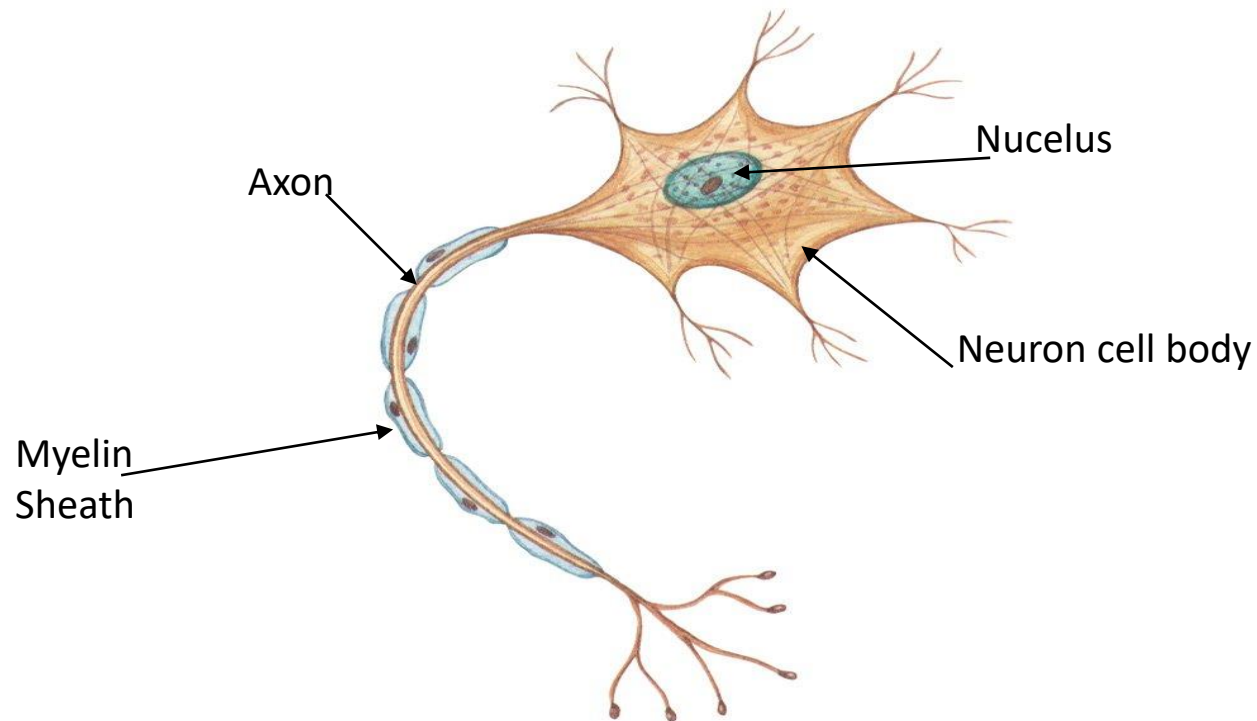
Kinesio tape to reduce chemotherapy-induced peripheral neuropathy (CIPN)



Ingvild Haavik, Physiotherapist, Norwegian University hospital

CIPN

Side effect of chemotherapy, which also causes damage on healthy cells. The chemotherapy can destroy the axon or myelin sheath.

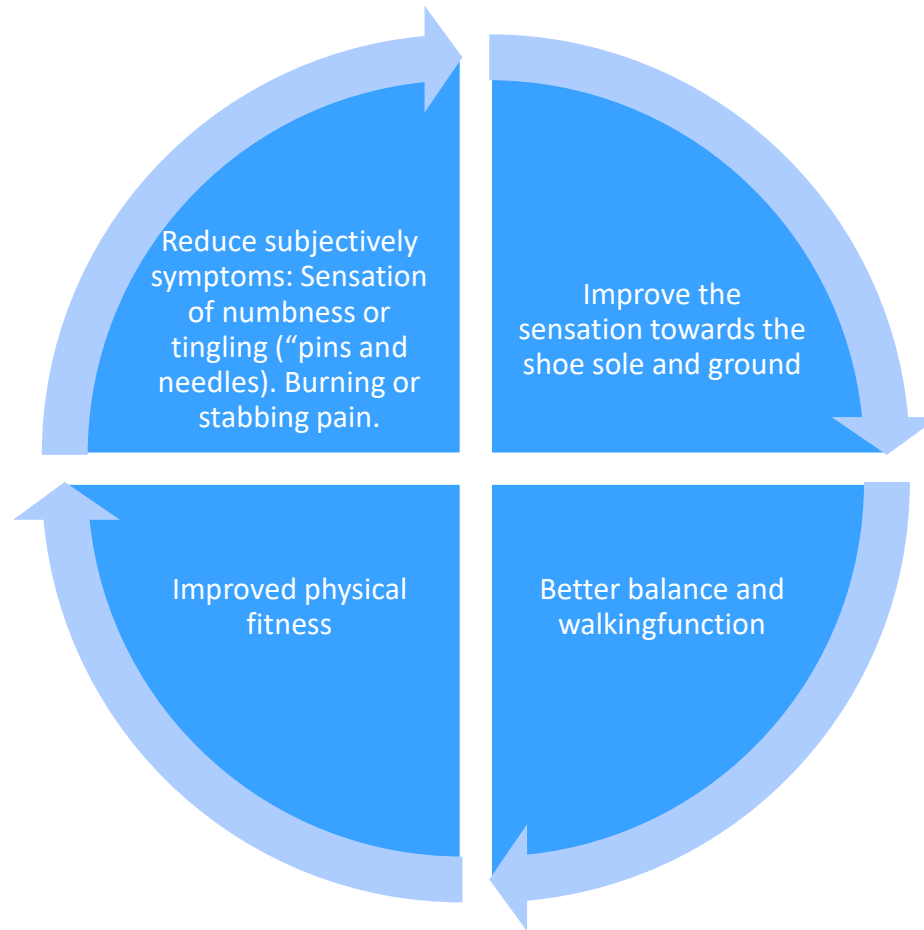


A common side effect...

- Incidence ranging from 30% to 60% during and shortly after treatment
- Becomes chronic (more than 6 month) for approximately 30 % of these

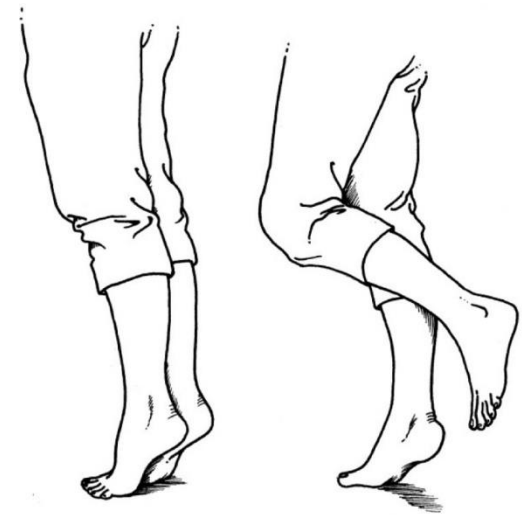


Effects of the tape



Assessment

- Walking analysis
- One-Leg-Stand with open and closed eyes. Alt. Tandem standing
- Heel rise og toe rise with one or both feet
- Sensory test of the sole of the foot



Assessment

Questionare for clinical use only:

Sett en ring rundt et (1) tall på hver linje for å angi hvor riktig hver påstand har vært for deg i løpet av den siste uken.

Påstander	Ikke i det hele tatt	Litt	En del	Ganske mye	Veldig mye
Jeg har nummenhet eller prikking/stikking i hendene	0	1	2	3	4
Jeg har nummenhet eller prikking/stikking i føttene	0	1	2	3	4
Jeg har ubehag i hendene	0	1	2	3	4
Jeg har ubehag i føttene	0	1	2	3	4
Jeg har leddsmerter eller muskeltremper	0	1	2	3	4
Jeg føler meg generelt svak	0	1	2	3	4
Jeg hører dårlig	0	1	2	3	4
Jeg har ringing eller susing i ørene	0	1	2	3	4
Jeg har vansker med å kneppe knapper	0	1	2	3	4
Jeg har vansker med å kjenne formen på små gjenstander som jeg har i hånden	0	1	2	3	4
Jeg har vansker med å gå	0	1	2	3	4

Ref : FACT/GOG- Ntx 11 (Calhoen)

Don`t forget.....

Exercise – always include balancetraining

Sensorimotor input,

f ex. massage, sensori ball, balance cushion



Practical demonstration



How?:

- prone position
- max dorsoflexion
- base from ball of the foot
- 25-30% stretch
- anker on Achilles

Plantar fasciitt / Heelpain



References

- J. Müller, M. Weiler, A. Schneeweiss, G. M. Haag, K. Steindorf, W. Wick, Joachim Wiskemann (2021). Preventive effect of sensorimotor exercise and resistance training on chemotherapy-induced peripheral neuropathy: a randomised-controlled trial. *British Journal of Cancer* 125:955-965
- M.A.L. Tanay, J. Armes, R. Moss-Morris, A. M. Rafferty, G. Robert (2021). A systematic review of behavioural and exercise interventions for the prevention and management of chemotherapy-induced peripheral neuropathy symptoms. *Journal of Cancer Survivorship*
- F. Duregon, B. Vendramin, V. Bullo, S. Gobbo, L. Cugusi, A. Di Blaio,A.Ermolao (2017). Effects of exercise on cancer patients suffering chemotherapy-induced peripheral neuropathy undergoing treatment: A systematic review. *Critical Reviews in Oncology / Hematology* 121: 90-100
- G. Hagen og H. M. Haugen (2018). Lindring av polyneuropati etter cellegift. *Sykepleien 08 2018*, s. 34-38: #Etter kreften, Seneffekter etter kreftbehandling
- G. Haugen og A. Stivold. Forelesning om CIPP ved Vardesenteret 09.03.2022