ASSOCIATION OF KINESIOPHOBIA WITH FUNCTIONAL INDEPENDENCE IN POST-OPERATIVE BREAST CANCER PATIENTS

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1 Background

Post-operative breast cancer survivors often face long-term upper limb dysfunction and reduced quality of life. This is compounded by kinesiophobia (fear of movement), a psychological barrier whose effect on functional recovery is under-explored. Objective To evaluate the association between kinesiophobia and functional independence in this patient population.

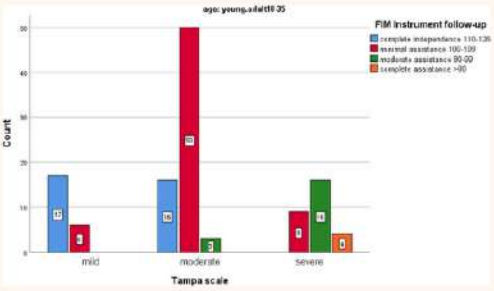
2 Methods

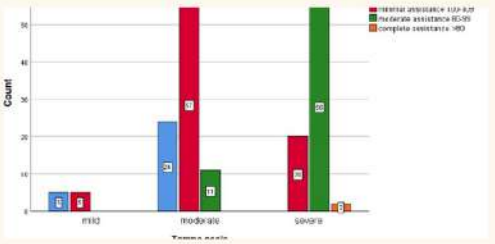
Study Design :Quantitative Cross-Sectional **Study Participants** N = 301 post-operative breast cancer patients (Age 18–60 years). **Measures** 1. Kinesiophobia: Tampa Scale for Kinesiophobia (**TSK**) 2. Functional Independence: Functional Independence Measure (**FIM**)

3 RESULTS: KEY FINDING

HIGH FEAR OF MOVEMENT → SIGNIFICANTLY GREATER DEPENDENCE

A significant inverse association was found between kinesiophobia and functional independence ($p<0.001$). Patients who scored higher on the Tampa Scale for Kinesiophobia showed greater dependence in performing activities of daily living (lower FIM scores).





4 Discussion

Kinesiophobia acts as a critical psychological barrier to functional recovery, independent of physical impairments alone. This suggests that fear-avoidance beliefs contribute to persistent functional deficits and reduced quality of life in breast cancer survivors. Effective rehabilitation requires addressing both the physical and psychological components of recovery.

5 CONCLUSION & RECOMMENDATIONS

Conclusion: Kinesiophobia is a key factor influencing functional independence in post-operative breast cancer patients. **Recommendations for Practice**

1. Integrate Psychological Screening: Routinely screen for kinesiophobia post-operatively.
2. Develop Multidisciplinary Protocols: Combine physiotherapy with cognitive-behavioral strategies to target movement-related fear.
3. Implement Early Intervention: Identify and treat patients at risk of chronic movement avoidance before disability progresses.

6 References

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