A functional rehabilitation program can improve the functional status stemming from the metastatic process and from medical and surgical treatment. These results open up exciting new avenues for therapeutic interventions aimed at enhancing the QoL for individuals battling breast cancer and bone metastases. The high adherence rate underscores the feasibility and potential benefits of such programs, paving the way for further research and broader implementation in clinical settings. Ultimately, this pilot study represents a promising step forward in improving the well-being of women facing this challenging medical condition.

**FUNCTIONAL REHABILITATION PROGRAM (3 MONTHS)**

**RESULTS**

- **Sit to stand test (seconds)**
  - Pre-Assessment: 26.06±14.74
  - Post-Assessment: 21.21±18.89

- **Time up and Go test (seconds)**
  - Pre-Assessment: 26.06±14.74
  - Post-Assessment: 21.21±18.89

**CONCLUSION**

A functional rehabilitation program can improve the functional status stemming from the metastatic process and from medical and surgical treatment. These results open up exciting new avenues for therapeutic interventions aimed at enhancing the QoL for individuals battling breast cancer and bone metastases. The high adherence rate underscores the feasibility and potential benefits of such programs, paving the way for further research and broader implementation in clinical settings. Ultimately, this pilot study represents a promising step forward in improving the well-being of women facing this challenging medical condition.