



Métastases osseuses

Volume Cible	Dose totale/fraction	Technique recommandée
<b>Rachis</b>		
Vertèbre(s) atteinte(s) (+/-vertèbre sus et sous- jacente)	20 à 30 Gy/4 à 10 fr (aussi 8 Gy/1 séance)	Radiothérapie conformationnelle tridimensionnelle Radiothérapie conformationnelle avec modulation d'intensité Stéréotaxie
	Dose tumoricide	
Extension extra vertébrale, en particulier intra canalaire (IRM)	20 à 30 Gy/4 à 10 fr (aussi 8 Gy/1 séance)	Radiothérapie conformationnelle tridimensionnelle Radiothérapie conformationnelle avec modulation d'intensité Stéréotaxie
	Dose tumoricide	
<b>Os longs</b>		
Lésion osseuse	20 à 30 Gy/4 à 10 fr aussi 8 Gy/1 séance)	Radiothérapie conformationnelle tridimensionnelle Radiothérapie conformationnelle avec modulation d'intensité Stéréotaxie
	Dose tumoricide	
<b>Irradiation après chirurgie (os long ou vertèbre)</b>		
Volume cible anatomoclinique : tout le matériel chirurgical et la cicatrice	30Gy / 10 fractions 20Gy / 5 fractions	Radiothérapie conformationnelle tridimensionnelle Radiothérapie conformationnelle avec modulation d'intensité
<b>Compression médullaire opérée ou non opérée</b>		
Volume cible et matériel	30Gy / 10 fractions <sup>a</sup> 20Gy / 5 fractions (exceptionnellement 8-10Gy / 1 séance) <sup>a</sup>	Radiothérapie conformationnelle tridimensionnelle Radiothérapie conformationnelle avec modulation d'intensité
<b>Ré-irradiation</b>		
Limité au volume atteint	Dose adaptée selon les doses antérieurement reçues	Radiothérapie conformationnelle tridimensionnelle Radiothérapie conformationnelle avec modulation d'intensité Stéréotaxie
<b>Métastase unique (oligométastase)</b>		
Volume adapté selon extension ( <i>International Spine Radiosurgery Consortium Consensus Guidelines</i> )	Dose tumoricide adaptée aux OAR alentours	Radiothérapie conformationnelle tridimensionnelle Radiothérapie conformationnelle avec modulation d'intensité Stéréotaxie

**Tableau 7 - Synthèse des recommandations de la radiothérapie dans les métastases osseuses (Adapté de (119))**

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