



## A comparison between pain and skeletal muscle disorders in patients with Covid-19 and healthy men

### Oral Presentation

1Vahid Seyedazizi \* ; 2Seyed Mohammad Hosseini; 3Sahar Bala Khiyavi

<sup>1</sup>M.Sc. Department of Pathology and Corrective Movements, Faculty of Physical Education and Sports Sciences, University of Isfahan, Isfahan, Iran (vahid.seyedazizi@gmail.com)

<sup>2</sup>Assistant Professor, Department of Sport Rehabilitation and Health, Faculty of Sport Sciences and Health, Shahid Beheshti University, Tehran, Iran

<sup>3</sup>M. Sc student. Department of Pathology and Corrective Movements, Faculty of Physical Education and Sports Sciences, University of Rasht, Rasht, Iran

### Abstract

**Introduction:** Since December 2019, a new viral disease from the Chinese city of Wuhan called COVID-19 has spread worldwide; one of the key symptoms is muscle pain. This type of muscle pain seems to cause disorders and discomfort in skeletal muscles, and an individual with COVID-19 gets a high pain score. Therefore, the present study compares the muscular conditions of a man with COVID-19 in the last year with those who have not experienced the disease.

**Methods:** The research method was descriptive. For this purpose, Nordic questionnaire and general questions were provided to education staff, and 46 questionnaires were selected with entrance validation. Finally, 25 people with COVID-19 in the last year, and 21 reported no infection. Then musculoskeletal disorders of both groups were evaluated using the independent t-test and chi 2 test at the significant level of  $p = 0/01$  and SPSS 26 software.

**Results:** The results show that muscle pain and discomfort in the affected group was significantly ( $p < 0/01$ ) higher than the healthy group; Also, based on the results of chi2 test, the rate of back pain and neck pain were significantly higher than other body parts with 60% and 40%, respectively, in patients with COVID-19 ( $p < 0/01$ ), While no significant difference was observed between pain and discomfort of different body parts in the non-infection group.

**Conclusion:** COVID-19 patients may experience muscle pain. The cause of the muscle pain stated in the Nordic questionnaire and physical deformity and excessive muscle fatigue may be due to COVID-19 disease.

### Keywords

COVID-19; Nordic questionnaire; skeletal muscle disorders

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