ORTHOPEDIC PAIN IN INDIVIDUALS AFFECTED BY COVID-19: A SYSTEMATIC REVIEW

DORES ORTOPÉDICAS EM INDIVÍDUOS ACOMETIDOS PELA COVID-19 UMA REVISÃO SISTEMÁTICA

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ABSTRACT: Introduction: In March 2020, the World Health Organization declared the COVID outbreak a pandemic, emphasizing that the disease is caused by SARS-CoV-2—a virus that can be transmitted through infected droplets and aerosols. It is noted that the most common symptoms of this disease are fever, cough, dyspnea, and muscle pain—including myalgia, which occurs due to a "cytokine storm". **Objective**: This study aims to relate orthopedic pain to individuals who have been affected by COVID-19. **Methodology**: A literature review was conducted using searches on PubMed, with the keywords "COVID-19," "myalgia," and "musculoskeletal pain." This search initially resulted in 24 articles. The inclusion criterion was the association of post-COVID orthopedic pains, and the exclusion criteria were case reports and literature reviews. In the end, 10 articles were selected for the analysis of results. **Results**: Myalgia is prevalent in men, especially those with comorbidities such as Diabetes Mellitus, obesity, pneumonia, and asthma. The average duration of the studies was 134.6 days. **Final considerations**: It was observed that myalgia prevailed in patients who experienced a severe case of COVID-19, and it occurred predominantly in individuals with comorbidities. This emphasizes the need for investments in areas that will support the recovery of these patients, such as physiotherapy, to reduce the sequelae caused by the virus and enhance the well-being of the patients.

KEYWORDS: Myalgie; COVID-19; musculoskeletal pain.

RESUMO: Introdução: Em março de 2020, a Organização Mundial da Saúde decretou o surto de COVID como uma pandemia, ressaltando que a doença é causada pelo SARS-CoV-2, vírus que pode ser transmitido por gotículas infectadas e aerossóis. Verifica-se que os sintomas mais comuns dessa doença são febre, tosse, dispneia e dores musculares, - incluindo mialgia, a qual ocorre devido a uma "tempestade de citocinas". **Objetivo**: O presente estudo objetiva relacionar a mialgia aos indivíduos que já foram acometidos pela COVID-19. **Metodologia**: Foi realizada uma revisão na literatura, a partir de buscas no PubMed, sendo utilizado palavras chaves COVID-19, mialgia e dor músculo esquelética, resultando em 24 artigos – dentre os quais utilizou-se o critério de inclusão associação de dores ortopédicas pós-COVID e critério

exclusão o relato de caso e revisão de literatura - ao final foram selecionados 10 artigos para a análise dos resultados. **Resultados**: A mialgia é prevalente em homens, principalmente nos que apresentam comorbidades, como Diabetes Mellitus, obesidade, pneumonia e asma, e a média do tempo de realização do estudo foi de 134,6 dias. **Considerações finais**: Observou-se que a mialgia prevaleceu em pacientes que tiveram um quadro grave de COVID-19, além de ocorrer predominantemente nos indivíduos com comorbidades, ressaltando, portanto, a necessidade de investimentos nas áreas que acompanharão a recuperação desses pacientes, como a fisioterapia, a fim de reduzir as sequelas ocasionadas pelo vírus e estabelecer o bem-estar dos pacientes.

PALAVRAS-CHAVE: Mialgia; COVID-19; dor musculoesquelética.

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