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# Observational study of shoulder pain among patients undergoing cardiac procedure

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## Abstract

### Background:

Shoulder function and pain in patients undergoing cardiac procedures such as coronary artery bypass graft in poorly studied topic. Often due to lack of awareness of cardiac procedure complication or pre-existing shoulder pain, these patients are referred to the orthopaedics unnecessary in form of new shoulder problem. We carried out this study with an aim to identify prevalence of shoulder pain among patients undergoing elective cardiac procedure at a tertiary hospital.

### Method:

A cross-sectional survey including a history and examination was carried out among patients undergoing a cardiac procedure at CIMS hospital, Ahmedabad, India. The face to face survey consisted of demographics, type of surgery, shoulder pain, past medical history including any interventions and a shoulder examination.

### Result:

Thirty one patients were recruited and consented to the study who were undergoing an elective procedure. There were 25 (81%) men and 6(19%) women. Average age was

60 years. Among the patients the most common cardiac diagnosis was coronary artery disease (77%) followed by valvular disease (16%) and acute coronary syndrome (6%). The most commonly performed procedure was coronary artery bypass graft (55%) followed by coronary angiography (29%) and valvular replacement (13%). Shoulder pain was reported by 11(35%) patients and clinically identified by the shoulder exam among 9 (29%) patients. Left shoulder pain was reported by seven patients in comparison to right shoulder pain which was reported by one patient. Bilateral shoulder pain was reported by three patients. There were four out of ten diabetic patients who reported shoulder pain. The most commonly diagnosed musculoskeletal condition following the history and examination was osteoarthritis (4) followed by frozen shoulder (3) and impingement shoulder (2).

### Conclusion:

This study demonstrates that shoulder pain is common among patients undergoing cardiac surgery. This study raises a key awareness for patients who may be unnecessary referred to orthopaedics following cardiac procedure.