

Introduction

- Xiphodynia, is a benign constellation of symptoms thought to be caused by pain from the xiphisternal joint and by impinging on nearby structures [1].
- Symptoms: worsening pain with overeating, bending forward, or stooping; concomitant nausea and cough; and referred pain to the chest, back, neck, shoulders, arms, and abdomen [1-3].

Case

- A 55- year-old man presented to our clinic with a two-year history of chronic chest pain and “heart fluttering”
- PMHx of aortic dissection via sternotomy, HTN, pAF, GERD, and chronic coccygeal pain. Prior cardiology work up showed paroxysmal atrial fibrillation, 10% burden. Negative GI diagnostic workup
- Our office visit, patient reported chest pain w/ leaning forward & associated heart racing w/nausea.
- Physical examination revealed localized tenderness over the xiphoid process with reproduction of chest flutter.
- Ultrasound examination with a linear array transducer of the subxiphoid region in sitting and truncal flexion showed closer proximation of xiphoid process to the pericardium in truncal flexion.
- S/p xiphoidectomy 5 months with 80% resolution of chest pain & complete resolution of fluttering symptoms.

Discussion

- This case report is unique in three ways:
 - Diagnosis of xiphodynia
 - Use of point-of-care-ultrasound (POCUS) to show a likely causality of a secondary symptom in a patient with xiphodynia, paroxysmal atrial fibrillation, which has never been reported before
 - Use of POCUS to guide treatment management for xiphodynia

References::
[1]. PMID: 13266001
[2]. PMID: 20627792
[3]. Noor N, Amgalan A, Vij N, et al. Treatment and Management of Xiphoidalgia. Orthopedic Reviews. 2022;14(3).

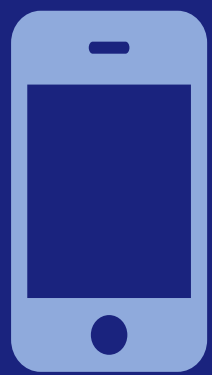


Ultrasound Imaging In A Patient With Xiphodynia And Atrial Fibrillation: A Case Report

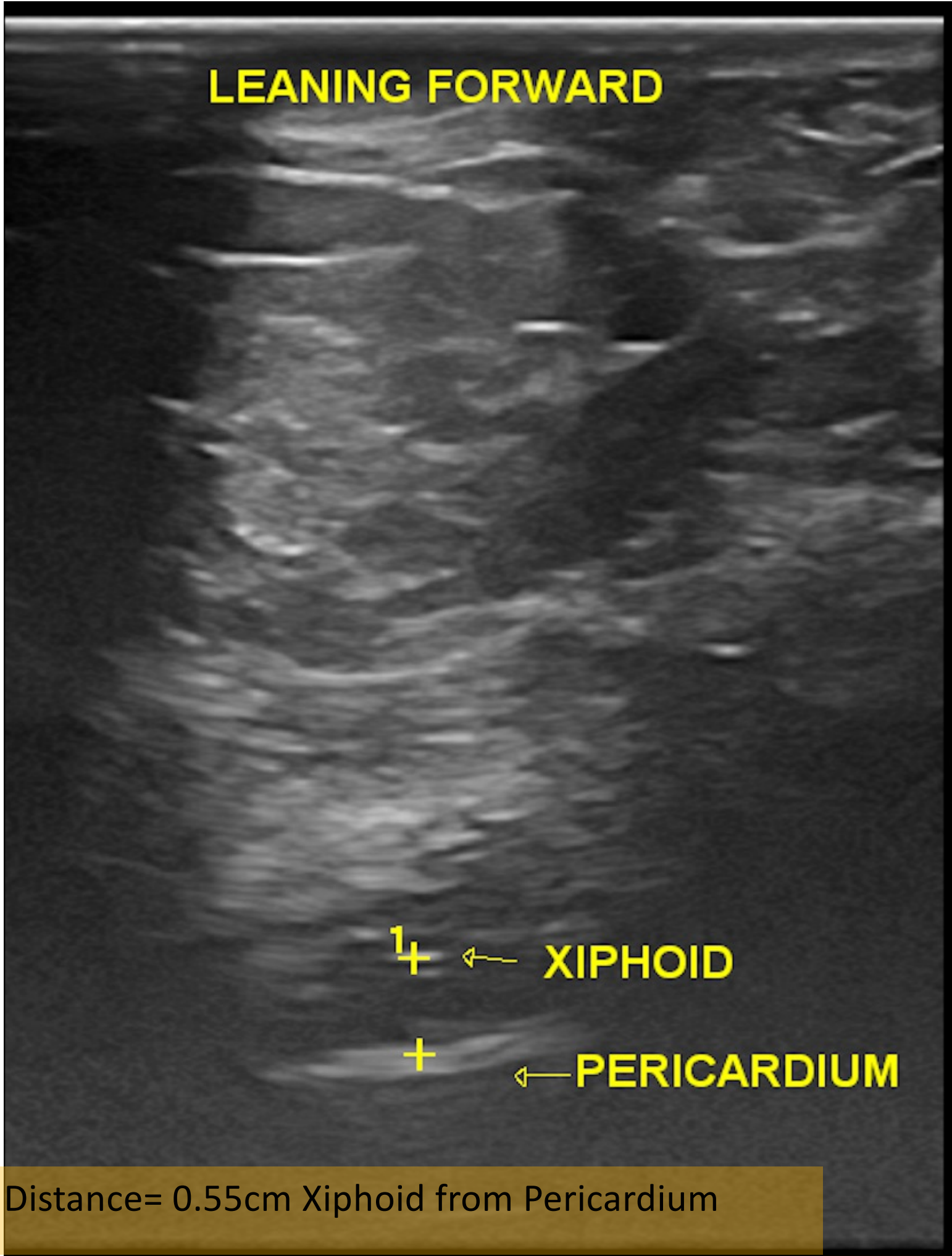
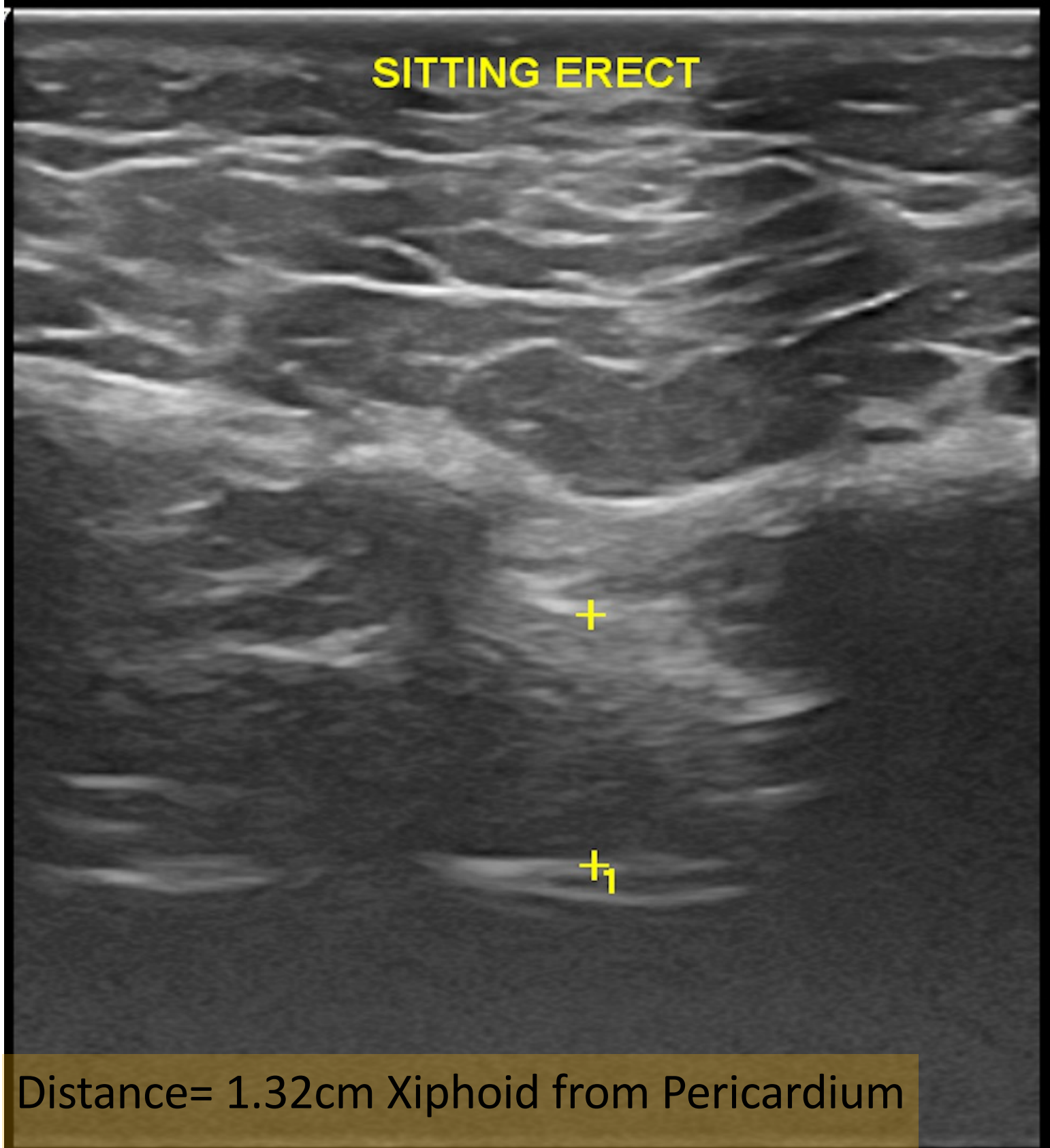
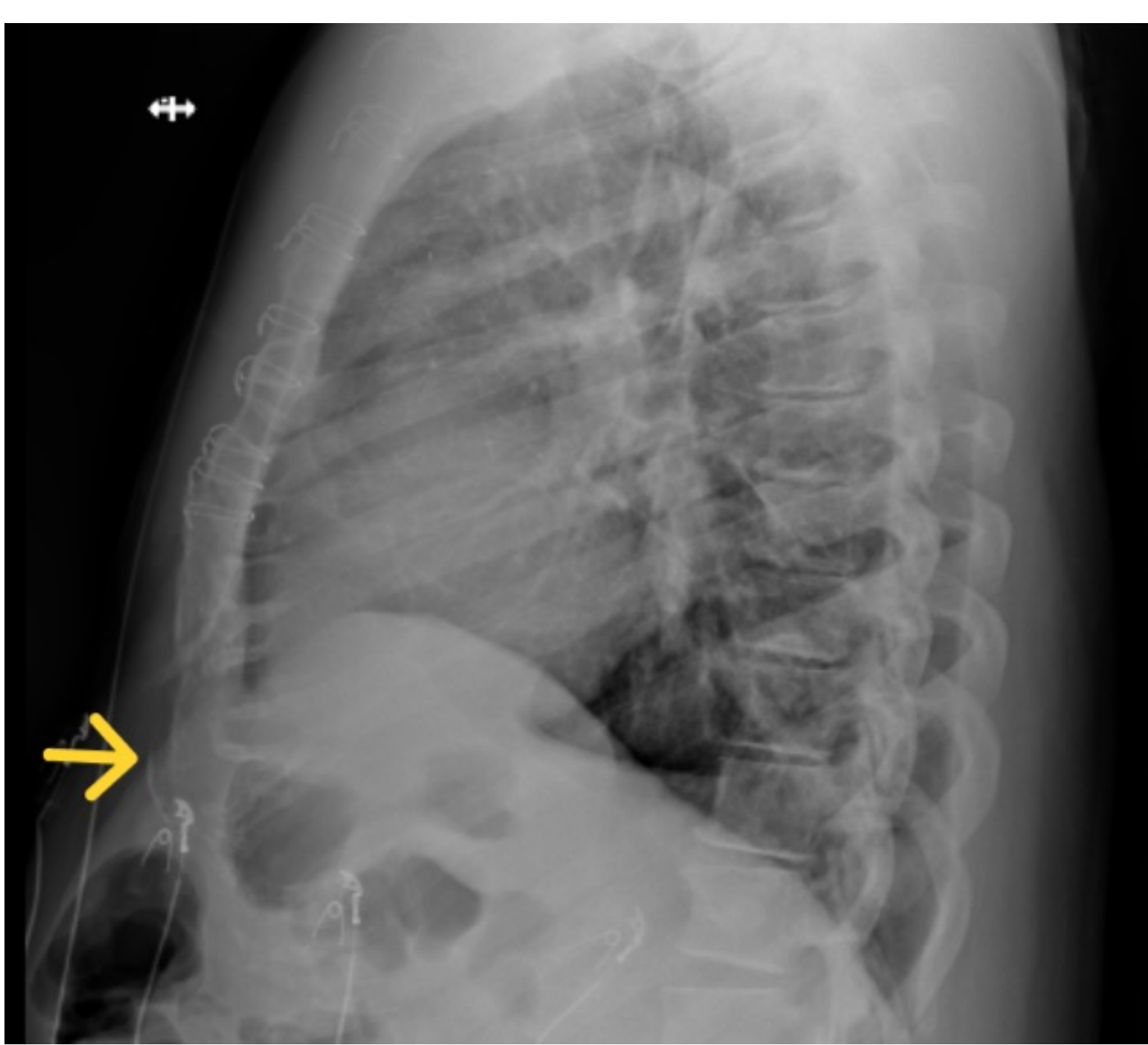
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- POCUS aids in xiphodynia management
- Close proximation of the xiphoid proces to the heart can irritate the pericardium, resulting in xiphodynia and could also correlate with paroxysmal atrial fibrillation development.



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