

# Prevalence of Tennis Elbow in Gym going Young Adults: An Observational Study

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## ABSTRACT

**Introduction:** Lateral epicondylalgia, also known as tennis elbow, is a prevalent condition that has a substantial impact on the population. There is little disagreement about the clinical manifestations of this illness. It is typically defined as pain over the lateral epicondyle that is reproduced by digital palpation, resisted wrist extension, middle finger extension, and gripping. Lateral epicondylitis is pain in the lateral epicondyle caused by misuse of the forearm extensor muscles. Chronic tears in the origin of the extensor carpi radialis brevis and degenerative alterations are related with the disorder. Lateral epicondylitis is a serious disorder that causes loss of limb function by damaging the tendinous tissue of the wrist extensor muscles' origins at the lateral epicondyle of the humerus. As a result, the patient's social and professional life may be negatively impacted. The lateral elbow is made up of bony and ligamentous elements that maintain the joint and act as the origin of the musculotendinous attachments on the dorsal forearm.

**Aim:** The aim of the study is to estimate the prevalence of tennis elbow or lateral epicondylitis in gym going young adults.

**Materials and Methods:** An observational study was performed on gym going population. Overall 100 participants were enrolled in the study with 97 males and 3 females. Age of the participants was between 18 to 28 years. Participants were screened according to selection criteria and then were asked to sign a written consent form, Demographic data was taken that included the type of exercise which is being performed, such as weight training and cardio. Data were collected and analysed to check the prevalence of tennis elbow on in healthy gym going young Adults.

**Results:** The prevalence of tennis elbow in gym going healthy individuals was calculated in 97% men and 3% women with a median age of 23 years. We found a prevalence of 3%.

**Conclusion:** The study concluded that tennis elbow is not prevalent among young adults going to gym.

**Keywords:** Digital palpation, Lateral epicondylalgia, Wrist extension.