

## Effect of Table Tennis as Recreational Sport on Upper Limb Nerve Conduction Velocity

[Waghmare VS](#), [Shesha S](#), [Jiwane R](#), [Sadawarte SK](#), [Rahule AS](#)

*Dr. Vivekanand S Waghmare. Professor of Physiology, Government Medical College, Rajnandgaon. (C.G.) India. Ph: +919826817132 Email: [drvivekawaghmare@gmail.com](mailto:drvivekawaghmare@gmail.com) [rahuleanil@yahoo.co.in](mailto:rahuleanil@yahoo.co.in) <http://dx.doi.org/10.18049/jcmad/315>*

### Abstract

**Introduction:** Table tennis is a recreational sport that requires quick reflexes, swift movements and attention. Playing table tennis involves attaining and maintaining a peculiar posture that imposes high strain on the dominant limb particularly at the elbow and wrist. Due to the asymmetric nature of the sport, the elbow and wrist joints of dominant extremity are subjected to repetitive stress and may result into some physiological and pathological changes. Hence, the present study was undertaken to evaluate the effect of playing table tennis on the motor nerve conduction velocities in ulnar and median nerves.

**Method:** The motor and sensory conduction velocities in median and ulnar nerves were determined in 30 young adult males in the age range 20–30 years who were practicing table tennis regularly for more than 6 months and were compared with those of 30 young adult males in the same age range who did not indulge in playing table tennis or any other recreational sport or any kind of regular weight bearing training. **Result:** The motor nerve conduction velocities in median and ulnar nerves of dominant limb were affected significantly in table tennis playing group when compared to those of control group. There was no significant difference in conduction velocities in same nerves of the non-dominant limbs of both the group. **Conclusion:** The decrease in conduction velocities of median and ulnar nerves of dominant limbs in young males practicing table tennis regularly is indicative of development of peripheral neuropathy. Playing table tennis involves attaining and maintaining a peculiar posture that imposes high strain on the dominant limb particularly at the elbow and wrist joints. Various factors like high repetition of motions and extreme elbow and wrist positions affect the peripheral nervous system which may remain subclinical or asymptomatic.