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The upper extremity of the professional tennis player: muscle volumes, fiber-type distribution and muscle strength

Sanchis-Moysi J, Idoate F, Olmedillas H, Guadalupe-Grau A, Alayán S, Carreras A, Dorado C, Calbet JA.: Scandinavian Journal of Medicine & Science in Sports, 2010, 20(3):524-34. Department of Physical Education, University of Las Palmas de Gran Canaria, Campus Universitario de Tafira s/n, Las Palmas de Gran Canaria, Spain.

The effects of professional tennis participation on dominant and non-dominant upper extremity muscle volumes, and on fiber types of triceps brachii (lateral head) and vastus lateralis muscles were assessed in 15 professional tennis players. Magnetic resonance imaging (MRI, n=8) examination and dual-energy x-ray absorptiometry (DXA, n=7) were used to assess muscle volumes and lean body mass. Muscle fiber-type distribution assessed by biopsy sampling was similar in both triceps brachii (2/3 were type 2 and 1/3 type 1 fibers). The VL was composed of 1/3 of type 2 and 2/3 of type 1 fibers. The dominant had 12-15% higher lean mass (DXA/MRI) than the non-dominant (P