

Prevalence of Peroneal Tendonitis in Backstroke Swimmers

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Abstract

Background/Introduction: Peroneal tendonitis is a prevalent overuse injury among athletes, including swimmers. Backstroke swimmers, in particular, might be at higher risk due to the repetitive nature of their stroke technique. Understanding how common peroneal tendonitis is in this group is essential for improving athlete health and performance.

Aim: This study aimed to determine the prevalence of peroneal tendonitis among backstroke swimmers and examine its impact on their activities.

Methodology: Cross-sectional study was conducted with backstroke swimmers at a swimming facility in Bengaluru. Participants were evaluated for peroneal tendonitis using specific diagnostic tests. Additionally, data on previous injuries were collected to explore potential associations with peroneal tendonitis.

Results: The study revealed that 27.1% of backstroke swimmers showed symptoms indicative of peroneal tendonitis. Key factors such as improper technique and repetitive movements were significantly associated with the development of this condition.

Conclusion: The findings indicate that backstroke swimmers are prone to peroneal tendonitis, with modifiable risk factors like technique and training

intensity contributing to its occurrence. Implementing strategies to correct swimming technique and manage training loads may help prevent and manage peroneal tendonitis in these athletes.

Keywords: Peroneal Tendonitis; Backstroke Swimmers; Prevalence; Risk Factors; Injury Prevention