

Abstract

Title: Prevalence of forearm musculoskeletal overload among recreational and competitive tennis players in the Czech Republic

Objectives: The aim of this diploma thesis is to find out how often the overload of the musculoskeletal system occurs among Czech competitive and recreational tennis players

Methods: The chapter "Theoretical background" sums up the information about tennis and overloading the musculoskeletal system of the forearm. The form was a search of domestic and foreign literature. The practical part was conducted in the form of quantitative research - more specifically in the form of descriptive analysis. The data were obtained through a non-standardized questionnaire, which was distributed to tennis players in the Czech Republic. The completion of the questionnaire was completely anonymous. Subsequently, the obtained data were processed using descriptive statistics in Microsoft Excel program. The SPSS program was used to verify hypotheses, research questions, and general relationships between the various variables. A value of $p \leq 0.05$ was chosen for the level of significance. The strength of the relationship between the examined variables was evaluated using *Cramer's V*.

Results: A total of 321 probands participated in the questionnaire survey ($n = 321$). The results showed that the problem of overloading the musculoskeletal system of the forearms affects up to 70 % of all respondents. 30% in "Common" form, and 40% in "Occasional" form. Probands mentioned "overtraining" or "inadequate tennis technique" as the most common causes. Other common health complications included: back pain, shoulder joint pain (s), knee joint pain (s), and ankle joint problems.

Keywords: tennis, tennis elbow, forearm musculoskeletal system, injuries, overload