

To Evaluate Upper Limb Endurance and Function in Patients with Chronic Trapeztitis

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A B S T R A C T

Background: Trapeztitis, an inflammation of the trapezius muscle, commonly arises from poor posture, sedentary lifestyle, and prolonged static activities, leading to muscle imbalance and reduced endurance. As the trapezius functions synergistically with the serratus anterior for scapular stability, its dysfunction can impair upper limb performance. The push-up test and Upper Extremity Functional Index (UEFI) are effective tools for assessing upper limb endurance and functional ability in individuals with trapeztitis.

Materials And Methodology: Observational Cross sectional study was done on 123 subjects presented with Chronic Trapeztitis who were selected using Convenient sampling. Subjects were assessed for upper limb endurance using Push-up Test and UEFI Score was evaluated for the dominant upper extremity.

Results: The results showed that 48% of participants had poor push-up performance, while only 1% achieved an excellent level. Most participants (63.4%) reported little to no difficulty with dominant upper limb functions, and 35.8% experienced mild to moderate difficulty. Only 0.8% had considerable difficulty, with none showing extreme impairment.

Conclusion: The study concludes that individuals with chronic trapeztitis exhibit reduced upper limb endurance, with most participants falling under the poor category in the push-up test. However, despite decreased endurance, the functional ability of the dominant upper extremity remains largely preserved, as indicated by higher UEFI scores. This may be due to compensatory muscle activity, adequate strength, and adaptation to mild pain, allowing individuals to perform daily activities with minimal difficulty.

Keywords: Chronic Trapeztitis, Endurance, Upper extremity functions, Dominance, Push-ups, UEFI scale.