

Study of the Impact of Palmaris Longus Muscle on Shooting Velocity in Handball Players

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KEYWORDS Palmaris Longus. Handball Players. Shooting Velocity. Muscle Variations

ABSTRACT This study determined whether the existence of the Palmaris Longus (PL) in handball players had an impact on their shooting velocity. 42 handball players with the Palmaris Longus (PL+) muscle in the forearm of their dominant hands and 12 handball players without the Palmaris Longus (PL-) muscle participated in the study. The participating subjects were measured for their anthropometric values and shooting velocities. The shooting velocity of handball players with PL was higher than that of handball players without the muscle. This result suggests that the existence of PL in the forearm is advantageous in terms of shooting velocity in handball players.