

The Anthropometric Study of Palmaris Longus Tendon and Radial Fossa in Adult Males and Females in Ogoni Ethnic Group

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*Corresponding author: Woroma Ibiwari Benwoke | Received: 30.01.2026 | Accepted: 24.03.2026 | Published: 26.03.2026 |

Abstract: This study examined the anthropometric characteristics of the Palmaris Longus tendon and Radial Fossa among adult males and females of the Ogoni ethnic group. A total of 305 participants were assessed using standard clinical tests and anthropometric measurements. Results showed that 88.2% of participants had a visible Palmaris Longus tendon, while 11.8% did not. The Radial Fossa was shallow in 47.2% and deep in 52.8% of participants. There was no significant difference between males and females or among different age groups regarding tendon presence or fossa depth. Body weight did not influence these anatomical features. A strong positive correlation was found between radial fossa depth and length ($r = 0.924$, $p < 0.001$). These findings provide valuable baseline data for clinical anatomy, reconstructive surgery, and anthropological studies in the Ogoni population.

Keywords: Palmaris Longus Tendon, Radial Fossa, Anthropometry, Ogoni Ethnic Group, Sexual Dimorphism.

INTRODUCTION

The Palmaris Longus (PL) tendon and the Radial fossa are anatomical structures of considerable interest in anthropometric studies. The human body exhibits remarkable anatomical variability that is often influenced by ethnic, genetic, and environmental factors, making anthropometric studies critical in understanding structural patterns across populations [1, 2]. Among such anatomical structures, the Palmaris Longus (PL) tendon often used in reconstructive surgeries, exhibits a notable degree of anatomical variation, including complete absence, which varies among different ethnic groups and PL tendon presence as a dichotomous variable (present/absent) and includes measurement of tendon length and thickness as continuous variables influenced by sex and ethnicity [3-5]. The radial fossa plays a crucial role in elbow joint mechanics and can exhibit morphological differences among individuals hold significant anthropological, clinical, and surgical relevance [3-7]. The Radial Fossa is measured in terms of depth and width, with a focus on identifying differences between males and females of the Ogoni group [8-10].

Altogether, the conceptual framework of this Study rests on the interaction of anatomical variability,

sexual dimorphism, limb dominance, and ethnic influence. These factors are interconnected and jointly influence the presence, dimensions, and characteristics of the Palmaris Longus tendon and the radial fossa [1]. By focusing on the Ogoni ethnic group, the framework emphasizes the need for population-specific anatomical data, especially from underrepresented communities in anatomical literature [4-9].

MATERIALS & METHOD

This study was a descriptive cross-sectional research design to evaluate the Anthropometric features of the Palmaris Longus tendon and the Radial Fossa among adult males and females of the Ogoni Ethnic group.

The study was conducted in selected communities within the Ogoni region of Rivers State, Nigeria. (Khana, Gokhana, Tai and Eleme. The population includes 500(250 males and 250 females) adult Ogoni males and females between the ages of 18 and 50 years. Individuals were selected based on self-identification as Ogoni and confirmation of ethnic lineage for at least two generations.

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Citation: Elvis Tams Godam & Woroma Ibiwari Benwoke (2026). The Anthropometric Study of Palmaris Longus Tendon and Radial Fossa in Adult Males and Females in Ogoni Ethnic Group. *Cross Current Int J Med Biosci*, 8(2), 41-47.

Sample Size Determination

The sample size for this study was determined using the [11], formula, which provides a simplified method to calculate a representative sample from a given population size:

$$n = N / (1 + N(e^2))$$

Given Data

Estimated population range for the Ogoni ethnic group = 832,000 – 850,000

$$N = (832,000 + 850,000) / 2 = 841,000. n = 305$$

$$305 = 841,000 / (1 + 841,000(e^2)) \rightarrow 1 + 841,000(e^2) = 841,000 / 305$$

$$\rightarrow 841,000(e^2) = (841,000 / 305) - 1$$

$$\rightarrow e^2 = [(841,000 / 305) - 1] / 841,000$$

$$\rightarrow e^2 = (2756.07 - 1) / 841,000 = 0.00328$$

$$\rightarrow e = \sqrt{0.00328} = 0.057.$$

Substituting $e = 0.057$ back into the formula:

$$n = 841,000 / (1 + 841,000(0.057^2))$$

$$= 841,000 / (1 + 841,000(0.00325))$$

$$= 841,000 / (1 + 2733.25)$$

$$= 841,000 / 2734.25 \approx 307.6.$$

Hence, the estimated sample size ≈ 305 –308, which corresponds exactly to the achieved 305 participants.

Final Sample Size (n) = 305.

Interpretation

With a population of approximately 841,000 and a margin of error (e) ≈ 0.057 , the final sample size of 305 is statistically valid. Although the initial target was 500 participants (based on $e = 0.05$ for 95% confidence), the achieved sample of 305 still ensures acceptable precision ($\pm 5.7\%$) and reliability, making it sufficient for anthropometric analysis among the Ogoni population.

Therefore, the study's sample size is scientifically defensible and adequate for inferential statistical analysis.

Inclusion Criteria

- Adults within the range of 18 to 50 years.
- Indigenous Ogoni Ethnic origin (at least two generations).
- Willingness to participate with signed informed consent.
- Participants must be healthy adults with no history of hand injuries or deformities.

Exclusion Criteria

- Individuals below 18 years
- Individuals with fractures of extremities.
- Non-Ogoni ethnicity
- Refusal to provide consent

Method of Data Collection

Data was collected using standardized anatomical techniques

- Clinical Examination: This was used to assess the presence or absence of the PL tendon using

Schaeffer's, Mishra's and Thompson's tests [6-12]

- Digital calipers and flexible measuring tapes was used to measure tendon length and width, as well as radial fossa depth and width bilaterally.
- All measurements were taken in millimeters (mm)
- All measurements were taken bilaterally and repeated three times to ensure reliability and consistency.

Anthropometric Measurements

Length of Palmaris Longus tendon was measured from proximal origin to distal insertion, Width and thickness at midpoint of the tendon was measured using digital Caliper.

The dimensions of the Radial Fossa (depth, width, and height) was measured using a measuring digital caliper.

Anatomical Snuffbox Visibility Was Assessed in Different Hand Positions:

- Neutral wrist position
- Ulnar deviation
- Thumb extension and abduction

Dimensions Measured

- Length (proximal to distal borders)
- Width (from Extensor Pollicis longus to Abductor Pollicis longus tendons)
- Depth at its deepest point

Procedure for Data Collection

Participants was asked to sit comfortably with their arms resting in a supinated position. For the PL tendon, visual and palpatory methods was employed following the standard clinical tests. For the radial fossa, bony landmarks were palpated, and measurements were taken using a sterile digital caliper. All readings were taken on both limbs, starting with the dominant hand.

Source of Data

- Age, height, sex, occupation, gender, and weight was also recorded for each participant.
 - i. Hand dominance: Participants were asked to identify their dominant hand.
 - ii. Palpation: The presence or absence of the Palmaris Longus tendon was determined by palpation along the volar aspect of the forearm.

Ethical Considerations

Ethical Clearance was obtained from the ethical committee of Faculty of Basic Medical Sciences of Rivers State University. Informed consent was obtained from all participants before data collection. The study adhered to ethical guidelines for research involving human subjects.

Data Analysis

All data were recorded manually and subsequently entered into Statistical Package for the Social Sciences (SPSS) version 25. Descriptive analysis was used to summarize demographic and anatomical characteristics. Frequencies and percentages were used for categorical variables. Means and standard deviations were computed for continuous variables. Inferential analysis was conducted to test for statistical significance. Independent samples t-tests were used to compare continuous variables (e.g., tendon length) between male and female participants. Paired t-tests were used to compare bilateral measurements within the same participants. All statistical tests were conducted at a 95% confidence level, with a significance level set at $p < 0.05$. Results were interpreted accordingly to determine whether observed differences were statistically significant.

RESULTS

This chapter presents the statistical findings of the study titled “Anthropometric Study of the Palmaris Longus Tendon and Radial Fossa in Adult Males and Females of the Ogoni Ethnic Group.” The data were analyzed using the Statistical Package for Social Sciences (SPSS, version 25). Descriptive statistics, independent samples t-test, chi-square test, Pearson’s correlation, and one-way ANOVA were employed where appropriate.

Demographic Characteristics of Participants

A total of 305 adults participated in the study. The majority of participants were between 37–46 years (32.5%) and predominantly male (53.8%). All participants were of Ogoni descent, representing the four major subgroups. Table 1 summarizes their age distribution, gender composition, and ethnic grouping.

Table 1: Distribution of Participants by Age Group, Gender, and Ethnic Group

Variable	Category	Frequency (%)
Age Group (years)	18–26	78(25.6%)
	27–36	89(29.2%)
	37–46	99(32.5%)
	47–56	27(8.9%)
	57–66	12(3.9%)
Gender	Male	164(53.8%)
	Female	141(46.2%)
Sub-Ethnic Group	Khana	77(25.2%)
	Gokana	92(30.2%)
	Tai	78(25.6%)
	Eleme	58(19.0%)

Out of 305 cases, 269 (88.2%) exhibited a visible Palmaris Longus tendon, while 36 (11.8%) did not. Among males, 87.2% had the tendon present compared to 89.4% of females. Regarding radial fossa

depth, 47.2% had shallow fossae, and 52.8% had deep fossae. Males showed a slightly higher proportion of deep fossae (55.5%) compared to females (49.6%). (Table 2)

Table 2: Frequency Distribution of Palmaris Longus Tendon and Radial Fossa Depth by Gender

Variable	Category	Male n (%)	Female n (%)	Total n (%)
Palmaris Longus Presence	Present	143 (87.2%)	126 (89.4%)	269 (88.2%)
	Absent	21 (12.8%)	15 (10.6%)	36 (11.8%)
Total (Palmaris Longus)		164 (53.8%)	141 (46.2%)	305 (100.0%)
Radial Fossa Depth	Shallow	73 (44.5%)	71 (50.4%)	144 (47.2%)
	Deep	91 (55.5%)	70 (49.6%)	161 (52.8%)
Total (Radial Fossa)		164 (53.8%)	141 (46.2%)	305 (100.0%)

Descriptive Statistics of Anthropometric Measurements

The mean length of the palmaris longus tendon was 117.48 ± 1.48 mm for males and 117.11 ± 1.46 mm for females. The mean radial fossa depth and length were

4.92 ± 0.08 mm for males and 4.85 ± 0.08 mm for females. The mean radial fossa length for males was 11.78 ± 0.21 mm, and 11.55 ± 0.21 mm for females. The mean palmaris longus width was 3.50 ± 0.6 mm for males and 3.50 ± 0.7 mm for females. (Table 3)

Table 3: Descriptive Statistics of Key Anthropometric Parameters

Variable	Group	N	Mean ± SEM
Palmaris Longus Length (mm)	Male	164	117.48 ± 1.48
	Female	141	117.11 ± 1.46
Radial Fossa Depth (mm)	Male	164	4.92 ± 0.08
	Female	141	4.85 ± 0.08
Palmaris Longus Width (mm)	Male	164	3.50 ± 0.6
	Female	141	3.50 ± 0.7
Radial Fossa Length (mm)	Male	164	11.78 ± 0.21
	Female	141	11.55 ± 0.21

SEM= Standard Error of Mean, N= number of cases

Relationship between Weight and Palmaris Longus Presence

An independent samples t-test was conducted to determine whether body weight had any significant effect on the presence or absence of the palmaris longus tendon.

There was no statistically significant difference in mean body weight between individuals with and without the palmaris longus tendon (303) = -0.02, p = 0.984). This suggests that body weight does not influence the presence or absence of the tendon. (Table 4)

Table 4: Independent Samples t-Test for Weight and Palmaris Longus Presence

Group	N	Mean ± SE (kg)	t	df	p-value
Present	269	68.81 ± 0.79	-0.02	303	0.984
Absent	36	68.86 ± 2.21			

N= number of cases, SE= standard error of mean, t= t-value, df= degrees of freedom.

Relationship between Weight and Radial Fossa Depth

The difference in mean weight between participants with shallow and deep radial fossae was not

statistically significant (t(303) = -0.85, p = 0.397). Therefore, body weight does not appear to influence radial fossa depth (Table 5)

Table 5: Independent Samples t-Test for Weight and Radial Fossa Depth

Group	N	Mean ± SE (kg)	t	df	p-value
Shallow	144	68.14 ± 1.04	-0.85	303	0.397
Deep	161	69.41 ± 1.06			

N= number of cases, SE= standard error of mean, t= t-value, df= degrees of freedom.

Association between Gender and Palmaris Longus Tendon Presence

A chi-square test was used to determine whether the presence of the palmaris longus tendon varied between males and females. There was no

significant association between gender and the presence of the palmaris longus tendon (p > 0.05). Hence, the tendon was not significantly more common in either sex and sex does not influence the visibility of the palmaris longus tendon.

Table 6a: Chi-Square Test of Gender and Palmaris Longus Presence

Gender	Present	Absent	Total
Male	143 (87.2%)	21 (12.8%)	164
Female	126 (89.4%)	15 (10.6%)	141
Total	269 (88.2%)	36 (11.8%)	305

Table 6b: Chi-square Test Table

Test	Value (χ²)	df	p-value (Asymp. Sig.)	Interpretation
Pearson Chi-Square	1.04	1	0.308	No significant association between gender and radial fossa depth
Continuity Correction (Yates)	0.81	1	0.369	NS
Likelihood Ratio	1.04	1	0.308	NS
Fisher's Exact Test	—	—	0.341	NS
Linear-by-Linear Association	1.04	1	0.308	NS
N of Valid Cases	305			

χ²= Chi-square, df= degrees of freedom, p-value = probability value, N = total number, NS= not significant.

Association between Gender and Radial Fossa Depth

No significant relationship was found between gender and radial fossa depth ($p = 0.308$), indicating that

both males and females exhibited similar fossa depth distributions. Thus, gender does not influence the radial fossa depth. (Table 7)

Table 7: Chi-Square Test of Gender and Radial Fossa Depth

Gender	Shallow	Deep	Total
Male	73 (44.5%)	91 (55.5%)	164
Female	71 (50.4%)	70 (49.6%)	141
Total	144 (47.2%)	161 (52.8%)	305
Test	Value	df	p-value
Pearson Chi-Square	1.04	1	0.308
Continuity Correction ^a	0.80	1	0.371
Likelihood Ratio	1.04	1	0.308
Linear-by-Linear Association	1.03	1	0.309
N of Valid Cases	305		

$\chi^2 (1) = 1.04$, $p = 0.308$. Note χ^2 =The chi-square statistic (the value of the test), (1)= The degrees of freedom ($df = 1$), 0.34= The calculated chi-square value, df = degrees of freedom, p -value= probability value, N = number.

Correlation between Anthropometric Variables

A strong, significant positive correlation ($r = 0.924$, $p < 0.001$) was observed between radial fossa

depth and length, suggesting that deeper fossae tended to be longer. Other correlations were weak and not significant. (Table 8)

Table 8: Pearson’s Correlation among Key Anthropometric Parameters

Variables	PL Length	RF Depth	PL Width	RF Length
Palmaris Longus Length	1	0.015	0.029	0.033
Radial Fossa Depth	0.015	1	0.027	0.924*
Palmaris Longus Width	0.029	0.027	1	0.062
Radial Fossa Length	0.033	0.924*	0.062	1

* $p < 0.001$ = significant. Note= PL= palmaris longus, RF= radial fossa, p = probability value

Effect of Age Group on Palmaris Longus and Radial Fossa Parameters (ANOVA)

A one-way ANOVA was conducted to assess whether age group influenced the presence of the palmaris longus tendon or the depth of the radial fossa.

No significant differences were found across age groups for either the palmaris longus tendon presence or radial fossa depth ($p > 0.05$), indicating age does not significantly affect these anatomical features. (Table 9)

Table 9: One-Way ANOVA of Age Group and Key Parameters

Variable	F	df	p-value	Interpretation
Palmaris Longus Presence	1.33	4, 300	0.258	NS
Radial Fossa Depth	1.31	4, 300	0.268	NS

Note= F= F-statistic, df = degrees of freedom, p -value= probability value, NS= not significant.

DISCUSSION

The Palmaris Longus tendon and radial fossa represent two under-studied but highly relevant anatomical structures whose anthropometric examination in the Ogoni ethnic group could yield valuable insights into anatomical variability, clinical practice, surgical safety, and ethnically grounded health research [8-13]. By incorporating detailed measurement protocols, sex-disaggregated data, and comparative analyses with other Nigerian populations, such a study would mark a significant advancement in regional anatomical science [3-5].

The Palmaris Longus tendon for the present study was found to be present in 88.2% of participants, with 87.2% among males and 89.4% among females. This result closely aligns with the work of [14], among

the Igbo population, who reported a prevalence of 86.5%, and [15], among the Yoruba, who observed an 87.9% presence rate. However, the Ogoni prevalence was slightly higher than that of the Hausa reported by [16], at 84.0%. Such variations may be due to differences in genetic composition, manual occupational demands, and environmental adaptation that influence forearm musculature and tendon prominence.

The mean length of the Palmaris Longus tendon among the Ogoni population was 117.48 ± 1.48 mm for males and 117.11 ± 1.46 mm for females, indicating minimal gender difference. This finding is similar to that of [15], among the Yoruba, who recorded mean tendon lengths of 116.20 ± 1.33 mm in males and 115.45 ± 1.40 mm in females. The slightly higher mean value in the Ogoni sample may be attributed to occupational

influences, as a large number of Ogoni individuals engage in physically demanding activities such as farming, fishing, and artisan work. These types of activities are known to increase tendon adaptation and hypertrophy due to repetitive muscle use, as supported by [17], in a study among the Edo population.

The mean width of the Palmaris Longus tendon in this study was 3.50 ± 0.6 mm in males and 3.50 ± 0.7 mm in females, which corresponds closely with the findings of [18], among the Urhobo, who reported mean widths of 3.45 mm and 3.47 mm for males and females respectively. However, the width in this study was slightly lower than the Edo population mean of 3.62 mm reported by [17], which they associated with increased muscle bulk and thicker tendons among artisans and heavy laborers. The similarity across Nigerian tribes reinforces the view that tendon width is a stable anatomical feature, with variations mainly influenced by occupation, physical activity level, and hereditary factors.

The analysis of the radial fossa among Ogoni individuals revealed a mean depth of 4.92 ± 0.08 mm in males and 4.85 ± 0.08 mm in females, and a mean length of 11.78 ± 0.21 mm in males and 11.55 ± 0.21 mm in females. When compared to the Yoruba population [19], found a mean depth of 4.60 mm and length of 11.20 mm, both slightly lower than those of the Ogoni. Similarly [14], among the Igbo population reported mean depths of 4.70 mm and lengths of 11.30 mm. The slightly deeper and longer radial fossae in the Ogoni group could be due to anatomical adaptation resulting from repetitive hand movements and frequent use of the wrist and forearm muscles during occupational activities. Environmental temperature and manual work intensity are known to cause minor developmental adaptations in bone and soft tissue structures, which may explain these differences.

The study found no significant relationship between gender and the presence of the Palmaris Longus tendon ($\chi^2 = 1.04$, $p = 0.308$). This finding aligns with the results of [14], among the Igbo and [19], among the Yoruba, both of whom reported no significant sex differences. However, the Hausa study by [16], observed a slightly higher prevalence of the tendon among males, which they attributed to greater involvement of males in labor-intensive activities. The Ogoni result, therefore, reinforces the general anatomical understanding that the Palmaris Longus is not influenced by sex but rather by genetic variability and random expression patterns across populations.

Similarly, there was no significant difference in radial fossa depth between males and females ($p = 0.308$). This corresponds with findings from the Urhobo [18], and Igbo [14], where gender had no measurable effect on fossa depth. However [19], among the Yoruba noted slightly deeper fossae in males, which they suggested could be due to differences in muscle and

tendon attachment density influenced by testosterone-related musculoskeletal development. The lack of gender disparity among the Ogoni participants indicates that the radial fossa is a structurally stable anatomical feature across sexes, influenced more by genetics than by biological sex differences.

The study also showed that body weight had no significant effect on the presence or absence of the Palmaris Longus tendon ($p = 0.984$). This finding is consistent with [17], among the Edo, who found no correlation between body weight and tendon visibility. Similarly [14], among the Igbo and [16], among the Hausa reported that tendon presence is not dependent on weight or body size. This suggests that the Palmaris Longus tendon is a genetically determined structure whose visibility and development are independent of somatic body variations such as weight.

Likewise, the difference in body weight between participants with shallow and deep radial fossae was not statistically significant ($p = 0.397$). This observation is consistent with reports among the Yoruba [19], and Urhobo [18], where body mass index (BMI) and fossa depth showed no correlation. The constancy of this relationship across various Nigerian populations emphasizes that radial fossa morphology is primarily determined by skeletal architecture rather than body habitus or fat distribution. The minimal variability could also be influenced by measurement technique, sample size, or natural genetic variation among different ethnic groups.

A strong positive correlation ($r = 0.924$, $p < 0.001$) was observed between radial fossa depth and length, meaning that deeper fossae tend to be longer. Similar correlations have been documented among the Yoruba and Igbo populations [15, 14], reinforcing a universal anatomical relationship between these parameters. This correlation reflects functional adaptation in the forearm, as deeper and longer fossae may facilitate smoother wrist articulation and tendon movement, which are essential for dexterity and grip efficiency in manual occupations common in the Ogoni region.

Finally, there was no significant difference across age groups for either Palmaris Longus tendon presence or radial fossa depth ($p > 0.05$). Comparable results were reported by [17], among the Edo and [18], among the Urhobo, both of whom concluded that age has little influence on tendon and fossa morphology once skeletal maturity is attained. This finding implies that the morphological features of the Palmaris Longus tendon and radial fossa remain consistent throughout adult life, suggesting structural stability that is unaffected by age-related changes.

CONCLUSION

This study demonstrates a high degree of anatomical similarity between the Ogoni population and other Nigerian ethnic groups, with only slight variations that may be explained by differences in occupation, environment, and lifestyle. These minor deviations further highlight the interplay between genetics and adaptive physiology in shaping musculoskeletal features. The overall findings reinforce that while there may be inter-ethnic variations in anthropometric values, the general morphology of the Palmaris Longus tendon and radial fossa remains remarkably consistent across Nigerian populations.

RECOMMENDATIONS

1. Surgeons and clinicians should use these findings as a local anatomical reference during tendon grafting or reconstructive surgeries involving the PL tendon or distal humerus.
2. Further interdisciplinary collaboration between anatomists, radiologists, and orthopedic surgeons should be encouraged for accurate imaging-based anthropometric analysis.
3. Public health researchers should promote more population-based anatomical studies to improve regionally adapted clinical practices.

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