

HANDGRIP STRENGTH TEST PROCEDURES

Supplies

- Hydraulic Hand Dynamometer

Definition & Purpose

Handgrip strength is a simple and commonly used test of a person's general strength level.

Measurement

1. Have participant sit comfortably with the shoulder adducted and neutrally rotated, with the elbow towards/against the body and flexed at 90 degrees, and the forearm and wrist in a neutral position.
2. Place the hand dynamometer in the participant's hand, while you use the wrist safety strap and gently support the base to prevent accidental dropping and damage to the instrument.
3. Let the participant arrange the instrument so that it fits comfortably in the hand. Adjust the handle if necessary for a comfortable grip. Make sure that the handle clip is located at the lower (furthest) post from the gauge. If the handle is not in the correct position, results will be inaccurate.
4. Reset the indicator needle by rotating it to zero
5. Request that the participant squeeze with maximum strength. The needle will automatically record the highest force exerted. Grip force should be applied smoothly, without rapid wrenching or jerking motion. Minimal wrist extension (30 degrees or less) is permissible as maximum grip is achieved. Wrist extension greater than 30 degrees should be noted with results.
6. Test each hand twice and record the best effort rating (i.e., Excellent, Very Good, etc.) of each on the participant's handout and on the aggregate form. Do not forget to reset the indicator needle before each and every effort.

Interpreting Results

Rating	Males (kg)	Females (kg)
Excellent	> 64	> 38
Very Good	56 – 64	34 – 38
Above Average	52 – 56	30 – 34
Average	48 – 52	26 – 30
Below Average	44 – 48	22 -26
Poor	40 – 44	20 – 22
Very Poor	< 40	< 20