Clinical Evaluation Grip Strength Test

Detail Examination

Patient Name: …….. Date: ……..

NORMATIVE GRIP STRENGTH DATA:

		Males		Females		Males		Females	
Age	Hand	Mean (lbs)	SD	Mean (lbs)	SD	Mean (kg)	SD	Mean (kg)	SD
6-7	R	32.5	4.8	28.6	4.4	14.7	2.2	13.0	2.0
	L	30.7	5.4	27.1	4.4	13.9	2.4	12.3	2.0
8-9	R	41.9	7.4	35.3	8.3	19.0	3.4	16.0	3.8
	L	39	9.3	33	6.9	17.7	4.2	15.0	3.1
10-11	R	53.9	9.7	49.7	8.1	24.4	4.4	22.5	3.7
	L	48.4	10.8	45.2	6.8	22.0	4.9	20.5	3.1
12-13	R	58.7	15.5	56.8	10.6	26.6	7.0	25.8	4.8
	L	55.4	16.9	50.9	11.9	25.1	7.7	23.1	5.4
14-15	R	77.3	15.4	58.1	12.3	35.1	7.0	26.4	5.6
	L	64.4	14.9	49.3	11.9	29.2	6.8	22.4	5.4
16-17	R	94	19.4	67.3	16.5	42.6	8.8	30.5	7.5
	L	78.5	19.1	56.9	14	35.6	8.7	25.8	6.4
18-19	R	108	24.6	71.6	12.3	49.0	11.2	32.5	5.6
	L	93	27.8	61.7	12.5	42.2	12.6	28.0	5.7
20-24	R	121	20.6	70.4	14.5	54.9	9.3	31.9	6.6
	L	104.5	21.8	61	13.1	47.4	9.9	27.7	5.9
25-29	R	120.8	23	74.5	13.9	54.8	10.4	33.8	6.3
	L	110.5	16.2	63.5	12.2	50.1	7.3	28.8	5.5
30-34	R	121.8	22.4	78.7	19.2	55.2	10.2	35.7	8.7
	L	110.4	21.7	68	17.7	50.1	9.8	30.8	8.0
35-39	R	119.7	24	74.1	10.8	54.3	10.9	33.6	4.9
	L	112.9	21.7	66.3	11.7	51.2	9.8	30.1	5.3
40-44	R	116.8	20.7	70.4	13.5	53.0	9.4	31.9	6.1
	L	112.8	18.7	62.3	13.8	51.2	8.5	28.3	6.3
45-49	R	109.9	23	62.2	15.1	49.8	10.4	28.2	6.8
	L	100.8	22.8	56	12.7	45.7	10.3	25.4	5.8
50-54	R	113.6	18.1	65.8	11.6	51.5	8.2	29.8	5.3
	L	101.9	17	57.3	10.7	46.2	7.7	26.0	4.9
55-59	R	101.1	26.7	57.3	12.5	45.9	12.1	26.0	5.7
	L	83.2	23.4	47.3	11.9	37.7	10.6	21.5	5.4
60-64	R	89.7	20.4	55.1	10.1	40.7	9.3	25.0	4.6
	L	76.8	20.3	45.7	10.1	34.8	9.2	20.7	4.6
65-69	R	91.1	20.6	49.6	9.7	41.3	9.3	22.5	4.4
	L	76.8	19.8	41	8.2	34.8	9.0	18.6	3.7
70-74	R	75.3	21.5	49.6	11.7	34.2	9.8	22.5	5.3
	L	64.8	18.1	41.5	10.2	29.4	8.2	18.8	4.6
75+	R	65.7	21	42.6	11	29.8	9.5	19.3	5.0
	L	55	17	37.6	8.9	24.9	7.7	17.1	4.0

Clinical Notes: