

Grip Strength (Hand-Held Dynamometer)

Exclusion Criteria:

1. Has any pain or arthritis in your hands gotten much worse recently?

pain_grip

-9

1 Yes

0 No

-6 Not on form

chshndpn_grip

-9

1 Right

2 Left

3 Both Right and Left

-6 Not on form

Which hand?

If answer is:

Right Do not test Right

Left Do not test Left

Both Do not test either hand

2. Have you had any surgery on your hands or wrists in the past three months?

hand_srg_grip

-9

1 Yes

0 No

-6 Not on form

wch_h_sg_grip

-9

1 Right

2 Left

3 Both Right and Left

-6 Not on form

Which hand?

If answer is:

Right Do not test Right

Left Do not test Left

Both Do not test either hand

3. Are you right or left-handed?

lt_or_rt_grip

-9

1 Right

2 Left

-8 Don't Know

-6 Not on form

Script: "I'd like you to take your right/left arm, rest it on the table, and bend your elbow. Grip the two bars in your hand, like this. You need to slowly squeeze the bars as hard as you can."

Hand the dynamometer to the participant. Adjust if needed.

Script: "Now try it once just to get the feel for it. For this practice, just squeeze gently. It won't feel like the bars are moving, but your strength will be recorded. Are the bars the right distance apart for a comfortable grip?"

Show dial to participant.

Dynamometer setting: dyn_set_grip

-9

1 small

2 medium

3 large

4 x-large

5 xx-large

-6 not on form

Script: "We'll do this twice for each hand. This time it counts, so when I say "Squeeze", squeeze as hard as you can. Ready. Squeeze! Squeeze! Squeeze! Now, STOP."

notst_r1_grip

-9

1 Unable to test/exclusion

-7 Refused

-6 Not on form

RIGHT

Trial 1

gp_st_r1_grip

kg

(Examiner Note: Wait 10 seconds before second trial.)

Script: “Now, one more time with the right. Squeeze as hard as you can. Ready. Squeeze! Squeeze! Squeeze! Now, STOP.”

RIGHT

[notst_r2_grip](#)
-9
1 Unable to test/exclusion
-7 Refused
-6 Not on form

Trial 2 [gp_st_r2_grip](#) kg

Script: “Now we'll do the left. When I say "Squeeze", squeeze as hard as you can. Ready. Squeeze! Squeeze! Squeeze! Now, STOP.”

LEFT

[notst_l1_grip](#)
-9
1 Unable to test/exclusion
-7 Refused
-6 Not on form

Trial 1 [gp_st_l1_grip](#) kg

Examiner Note: Wait 10 seconds before second trial.

Script: “Now, one more time with the left. Squeeze as hard as you can. Ready. Squeeze! Squeeze! Squeeze! Now, STOP.”

LEFT

[notst_l2_grip](#)
-9
1 Unable to test/exclusion
-7 Refused
-6 Not on form

Trial 2 [gp_st_l2_grip](#) kg

Source Form Language: [lang](#)

-9 -
1 English
2 Spanish

[submit](#)