

Moberg Pick-Up Test

Name: _____ Age: _____

Gender: Male Female Test date: _____

Purpose

The Moberg Pick-Up Test (MPUT) is a standardized test used to assess hand dexterity and functional sensibility. It is a timed test initially used in neuro-rehabilitation to evaluate hand motor activity. The test is simple, quick to administer, easy to replicate, and inexpensive to acquire.

Equipment needed

- 60 x 30 cm plastic desk-blotter
- 3 x 8 x 5 cm plastic box
- 12 small metallic objects (screws, paper clips, diameter ring, safety pin, small nuts, coins, and key)
- Stopwatch

Test procedure

1. Place the desk blotter lengthwise on a table. Position the patient seated in a chair facing the desk blotter with their dominant hand resting beside it. If the patient is ambidextrous, ask them to spontaneously pick a small object; the chosen hand is considered dominant.
2. Place the plastic box on the desk blotter and randomly disperse the 12 small metallic objects close to the box on the side of the dominant hand.
3. Instruct the patient to pick up each object one by one and place them in the box as quickly as possible without sliding the objects. Time the test from the start order until the last object is dropped into the box.
4. Perform the test in two phases: first, with eyes open, then with eyes closed. For each phase, test the dominant hand first.

Test results

Eyes open	Dominant hand	Nondominant hand
	seconds	seconds
	seconds	seconds
Eyes closed	Dominant hand	Nondominant hand
	seconds	seconds
	seconds	seconds

Normative data					
Age group	Gender	Eyes open		Eyes closed	
		Dominant hand	Nondominant hand	Dominant hand	Nondominant hand
Young (20–39)	Female	12.0 seconds	12.5 seconds	23.58 seconds	23.6 seconds
Young (20–39)	Male	12.3 seconds	14.0 seconds	22.5 seconds	21.6 seconds
Middle-aged (40–59)	Female	12.6 seconds	13.3 seconds	23.0 seconds	24.1 seconds
Middle-aged (40–59)	Male	16.5 seconds	18.0 seconds	27.8 seconds	31.5 seconds
Old (60+)	Female	16.0 seconds	18.0 seconds	27.8 seconds	31.5 seconds
Old (60+)	Male	16.8 seconds	15.4 seconds	29.9 seconds	31.25 seconds

Additional notes

Healthcare professional information

Name:

Signature:



Date:

References:

Amirjani, N., Ashworth, N. L., Gordon, T., Edwards, D. C., & Chan, K. M. (2007). Normative values and the effects of age, gender, and handedness on the Moberg pick-up test. *Muscle & Nerve*, 35(6), 788–792. <https://doi.org/10.1002/mus.20750>

Santos-Eggimann, B., Ballan, K., Fustinoni, S., & Büla, C. (2020). Measuring slowness in old age: Times to perform Moberg pick-up and walking speed tests. *Journal of the American Medical Directors Association*, 21(11), 1729-1734.e2. <https://doi.org/10.1016/j.jamda.2020.03.020>

Physiopedia. (n.d.). *Moberg pick-up test*. https://www.physio-pedia.com/Moberg_Pick-Up_Test