

Nine-Hole Peg Test

Full name of patient: _____

Full name of assessor: _____

Materials needed:

- A small pegboard with nine holes (the holes are 1.3 cm/0.5 inches deep, while the holes must be spaced 3.2 cm/1.25 inches apart)
- Nine pegs (they should be 0.64 cm/0.25 inches in diameter, and they must be 3.2 cm/1.25 inches long)
- A stopwatch

Please note that the pegboard shouldn't slip, so you should have materials that can nail it down or reduce the chance of it slipping around.

Instructions for the patient:

Please note that the assessor has to demonstrate the following to the patient before having them take the test:

- Using your dominant hand, pick up the pegs one at a time from their container and place them in the holes in any order until you fill all of them
- Then, take one out one by one and place them back in the container as fast as you can
- I will say GO to tell you to start. The timer will start as soon as you touch the first peg
- The time will stop as soon as you place the last peg back into the container

As for you:

- Give them a practice round
- After the practice round, let them take the test twice, one using their dominant hand, and one using their non-dominant hand
- During the actual tests, you may tell them to do things faster midway, whether it's placing the pegs or removing them. Up to you
- Record the scores on the sheet below

Mathiowetz V, Weber K, Kashman N, Volland G. Adult Norms for the Nine Hole Peg Test of Finger Dexterity. The Occupational Therapy Journal of Research. 1985;5:24-33.

Nine-Hole Peg Test Scoring Record

Date: _____	Dominant Hand Time: _____ Non-dominant Hand Time: _____
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Date: _____	Dominant Hand Time: _____ Non-dominant Hand Time: _____
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Date: _____	Dominant Hand Time: _____ Non-dominant Hand Time: _____
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Date: _____	Dominant Hand Time: _____ Non-dominant Hand Time: _____
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Date: _____	Dominant Hand Time: _____ Non-dominant Hand Time: _____
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Date: _____	Dominant Hand Time: _____ Non-dominant Hand Time: _____
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Date: _____	Dominant Hand Time: _____ Non-dominant Hand Time: _____
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Date: _____	Dominant Hand Time: _____ Non-dominant Hand Time: _____
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Date: _____	Dominant Hand Time: _____ Non-dominant Hand Time: _____
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Date: _____	Dominant Hand Time: _____ Non-dominant Hand Time: _____
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