

Pinch Grip Test

Client's Name: _____

Physician's Name: _____

Date: _____ Age: _____ Sex: _____

LATERAL PINCH or KEY PINCH

Instructions:

- Place the patient in a seated or upright position.
- Have the elbow of the arm they're testing flexed at 90 degrees to the side.
- Have their palm face inward.
- Stay in front of the patient, to the side, and position the gauge between the flexed PIP joint of the index finger and thumb.
- To test, have them pinch as hard as possible, hold it, and then release it.
- Have them do this test thrice per side, pausing for 15 seconds between tests.
- To obtain a score, gather the average of the tests per side.

Results

	Test 1	Test 2	Test 3	Average
Dominant (Side: _____)				
Non-Dominant (Side: _____)				

Notes:

THREE-JAW CHUCK PINCH OR THREE-POINT PINCH

Instructions:

- Place the patient in a seated or upright position.
- Have the elbow of the arm they're testing flexed at 90 degrees to the side.
- Have their palm face down.
- Stay in front of the patient, to the side, and position the gauge between the thumb, index finger, and middle fingers.
- To test, have them pinch as hard as possible, hold it, and then release it.
- Have them do this test thrice per side, pausing for 15 seconds between tests.
- To obtain a score, gather the average of the tests per side.

Results

	Test 1	Test 2	Test 3	Average
Dominant (Side: _____)				
Non-Dominant (Side: _____)				

Notes:

TIP-TO-TIP PINCH OR TWO-POINT PINCH

Instructions:

- Place the patient in a seated or upright position.
- Have the elbow of the arm they're testing flexed at 90 degrees to the side.
- Have their palm face down and the test finger on the button.
- Stay in front of the patient, to the side, and position the gauge between the thumb and test finger.

- To test, have them pinch as hard as possible, hold it, and then release it.
- Have them do this test thrice per side, pausing for 15 seconds between tests.
- To obtain a score, gather the average of the tests per side.

Results

	Test 1	Test 2	Test 3	Average
Dominant (Side: _____)				
Non-Dominant (Side: _____)				

Notes:

NORMATIVE PINCH STRENGTH DATA (pounds)

age	hand	men mean	SD	low-high	women mean	SD	low-high
20-24	dominant	121.0	20.6	91-167	70.4	14.5	46-95
	non-dominant	104.5	21.8	71-150	61.0	13.1	33-88
25-29	dominant	120.8	23.0	78-158	74.5	13.9	48-97
	non-dominant	110.5	16.2	77-139	63.5	12.2	48-97
30-34	dominant	121.8	22.4	70-170	78.7	19.2	46-137
	non-dominant	110.4	21.7	64-145	68.0	17.7	36-115
35-39	dominant	119.7	24.0	76-176	74.1	10.8	50-99
	non-dominant	112.9	21.7	73-157	66.3	11.7	49-91
40-44	dominant	116.8	20.7	84-165	70.4	13.5	38-103
	non-dominant	112.8	18.7	73-157	62.3	13.8	35-94
45-49	dominant	109.9	23.0	65-155	62.2	15.1	39-100
	non-dominant	100.8	22.8	58-160	56.0	12.7	37-83
50-54	dominant	113.6	18.1	79-151	65.8	11.6	38-87
	non-dominant	101.9	17.0	70-143	57.3	10.7	35-76
55-59	dominant	101.1	26.7	59-154	57.3	12.5	33-86
	non-dominant	83.2	23.4	43-128	47.3	11.9	31-76
60-64	dominant	89.7	20.4	51-137	55.1	10.1	37-77
	non-dominant	76.8	20.3	27-116	45.7	10.1	29-66
65-69	dominant	91.1	20.6	56-131	49.6	9.7	35-74
	non-dominant	76.8	19.8	43-117	41.0	8.2	29-63
70-75	dominant	75.3	21.5	32-108	49.6	11.7	33-78
	non-dominant	64.8	18.1	32-93	41.5	10.2	23-67
75+	dominant	65.7	21.1	40-135	42.6	11.0	25-65
	non-dominant	55.0	17.0	31-119	37.6	8.9	24-61
ALL	dominant	104.3	28.3	32-176	62.8	17.0	25-137
	non-dominant	93.1	27.6	27-160	53.9	15.7	23-115

age	hand	men mean	SD	low-high	women mean	SD	low-high
20-24	dominant	18.0	3.0	11-23	11.1	2.1	8-16
	non-dominant	17.0	2.3	12-33	10.5	1.7	8-14
25-29	dominant	18.3	4.4	10-34	11.9	1.8	8-16
	non-dominant	17.5	5.2	12-36	11.3	1.8	9-18
30-34	dominant	17.4	6.7	12-25	12.6	3.0	8-20
	non-dominant	17.6	4.8	10-27	11.7	2.8	7-17
35-39	dominant	18.0	3.6	12-27	11.6	2.5	8-19
	non-dominant	17.7	3.8	10-24	11.9	2.4	8-16
40-44	dominant	17.8	4.0	11-25	11.5	2.7	5-15
	non-dominant	17.7	3.5	12-25	11.1	3.0	6-17
45-49	dominant	18.7	4.9	12-30	13.2	3.0	9-19
	non-dominant	17.6	4.1	12-28	12.1	2.7	7-18
50-54	dominant	18.3	4.0	11-24	12.5	2.2	9-18
	non-dominant	17.8	3.9	12-26	11.4	2.4	7-16
55-59	dominant	16.6	3.3	11-24	11.7	1.7	9-16
	non-dominant	15.0	3.7	10-26	10.4	1.4	8-13
60-64	dominant	15.8	3.9	9-22	10.1	2.1	7-17
	non-dominant	15.3	3.7	9-23	9.9	2.0	6-15
65-69	dominant	17.0	4.2	11-27	10.6	2.0	7-15
	non-dominant	15.4	2.9	10-21	10.5	2.4	7-17
70-75	dominant	13.8	2.6	11-21	10.1	2.6	7-15
	non-dominant	13.3	2.6	10-21	9.8	2.3	6-17
75+	dominant	14.0	3.4	7-21	9.6	2.8	4-16
	non-dominant	13.9	3.7	8-25	9.3	2.4	4-13
ALL	dominant						
	non-dominant						

age	hand	men mean	SD	low-high	women mean	SD	low-high
20-24	dominant	26.0	3.5	21-34	17.6	2.0	14-23
	non-dominant	24.8	3.4	19-31	16.2	2.1	13-23
25-29	dominant	26.7	4.9	19-41	17.7	2.1	14-22
	non-dominant	25.0	4.7	19-39	16.6	2.1	13-22
30-34	dominant	26.4	4.8	20-36	18.7	3.0	13-25
	non-dominant	26.2	5.1	17-36	17.8	3.6	12-26
35-39	dominant	26.1	3.2	21-32	16.6	2.0	12-21
	non-dominant	25.6	3.9	18-32	16.0	2.7	12-22
40-44	dominant	25.6	2.6	21-31	16.7	3.1	10-24
	non-dominant	25.1	4.0	19-31	15.8	3.1	8-22
45-49	dominant	25.8	3.9	19-35	17.6	3.2	13-24
	non-dominant	24.8	4.4	18-42	16.6	2.9	12-24
50-54	dominant	26.7	4.4	20-34	16.7	2.5	12-22
	non-dominant	26.1	4.2	20-37	16.1	2.7	12-22
55-59	dominant	24.2	4.2	18-34	15.7	2.5	11-21
	non-dominant	23.0	4.7	13-31	14.7	2.2	12-19
60-64	dominant	23.2	5.4	14-37	15.5	2.7	10-20
	non-dominant	22.2	4.1	16-33	14.1	2.5	10-19
65-69	dominant	23.4	3.9	17-32	15.0	2.6	10-21
	non-dominant	22.0	3.6	17-28	14.3	2.8	10-20
70-75	dominant	19.3	2.4	16-25	14.5	2.9	8-22
	non-dominant	19.2	3.0	13-28	13.8	3.0	9-22
75+	dominant	20.5	4.6	9-31	12.6	2.3	8-17
	non-dominant	19.1	3.0	13-24	11.4	2.6	7-16
ALL	dominant	24.5	4.6	9-41	16.2	3.0	8-25
	non-dominant	23.6	4.6	11-42	15.3	3.1	7-26

age	hand	men mean	SD	low-high	women mean	SD	low-high
20-24	dominant	26.6	5.3	18-45	17.2	2.3	14-23
	non-dominant	25.7	5.8	15-42	16.3	2.8	11-24
25-29	dominant	26.0	4.3	19-35	17.7	3.2	13-29
	non-dominant	25.1	4.2	19-36	17.0	3.0	13-26
30-34	dominant	24.7	4.7	16-34	19.3	5.0	12-34
	non-dominant	25.4	5.7	15-37	18.1	4.8	12-32
35-39	dominant	26.2	4.1	19-36	17.5	4.2	13-29
	non-dominant	25.9	5.4	14-40	17.1	3.4	12-24
40-44	dominant	24.5	4.3	17-37	17.0	3.1	10-23
	non-dominant	24.8	4.9	15-37	16.6	3.5	14-25
45-49	dominant	24.0	3.3	19-33	17.9	3.0	12-27
	non-dominant	23.7	3.8	8-33	17.5	2.8	12-24
50-54	dominant	23.8	5.4	15-36	17.3	3.1	12-23
	non-dominant	24.0	5.8	16-36	16.4	2.9	12-22
55-59	dominant	23.7	4.8	16-34	16.0	3.1	11-26
	non-dominant	21.3	4.5	12-25	15.4	3.0	11-21
60-64	dominant	21.8	3.3	16-28	14.8	3.1	10-20
	non-dominant	21.2	3.2	15-27	14.3	2.7	10-20
65-69	dominant	21.4	3.0	15-25	14.2	3.1	8-20
	non-dominant	21.2	4.1	14-30	13.7	3.4	8-22
70-75	dominant	18.1	3.4	14-27	14.4	2.6	9-19
	non-dominant	18.8	3.3	13-27	14.0	1.9	10-17
75+	dominant	18.7	4.2	9-26	12.0	2.6	8-17
	non-dominant	18.3	3.8	10-26	11.5	2.6	6-16
ALL	dominant	23.4	5.0	9-45	16.3	3.8	8-34
	non-dominant	23.0	5.3	10-42	15.7	3.6	6-32

via Baseline Evaluation Instruments, Fabrication Enterprises Inc. https://www.fab-ent.com/MEDIA/41_INSTRUCTIONS/12-0200_INST_VER7-08.PDF