**WHAT IS IT?**

Measures finger dexterity in patients with neurological diagnoses

- Stroke
- Brain Injury
- Parkinson's Disease
- Multiple Sclerosis

**WHAT YOU NEED**

- BOARD (WOOD/PLASTIC)
- 9 PEGS
- STOPWATCH

**STEPS**

1. Prior to test: place board at patient's midline with peg container closest to test hand
2. Ask patient to take pegs one at a time and as fast as they can place them in each of the 9 holes on the board
3. Once pegs have been placed, each one will be returned to the container
4. Time is recorded starting when the patient touches the first peg to when the last peg is returned to the container (seconds)

**NORMATIVE SCORES**

**SECONDS (SD)**

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<tbody>
<tr>
<td>FEMALE</td>
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<td>(R HAND)</td>
<td>17.67 (±5.17)</td>
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<tr>
<td>(L HAND)</td>
<td>18.91 (±3.44)</td>
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<tr>
<td>MALE</td>
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<tr>
<td>(R HAND)</td>
<td>18.99 (±3.91)</td>
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<tr>
<td>(L HAND)</td>
<td>19.79 (±3.66)</td>
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- Scores represent the mean scores for all healthy adult participants between the ages of 21-71
- Scores range for both groups: 16-25 seconds
- Specific data for age and gender can be found at: www.sralab.org/rehabilitation-measures/nine-hole-peg-test

**CAN I TRUST THE MEASURE?**

- Reliability = excellent test-retest
  - (ICC = 0.85–0.98)
- Responsiveness: above moderate
  - (effect size = 0.52)

**TIPS**

- Participant can hold board with hand that is not being tested for stability.
- Alternate scoring: # pegs/sec

**REFERENCES**