GRIP STRENGTH
FUNCTIONAL ASSESSMENT

Purpose: to assess muscular strength of the hand and forearm

Statistics:
Reliability: 0.93

Population:
This assessment can be used in numerous situations and with varied conditions. For older folks in particular, grip strength weakens with age and can affect day-to-day activities so, testing grip strength can help determine the best course of action if decreased grip strength is evident.

91.2%

Difficulty opening jars? Carrying groceries? Turning door knobs? This is the test for you!

How to test:
- Clinician will administer the test
- Will need a dynamometer
- Can be performed seated or standing
- Total time: 5 minutes
- Units: kilograms
- Trials: 3X on each side

Steps (seated)
- Participant should be seated with back and knees at 90° with feet touching the ground
- Shoulder adducted and neutrally rotated
- Elbows at 90°
- Wrist at 0-45° ulnar deviation
- Instruct participant to squeeze dynamometer as hard as they can for 2-3 seconds
- Repeat 3X

Steps (standing)
- Participant should stand with feet hip width apart and toes pointing forward
- Knees comfortable but not bent
- Shoulders back and chest up
- Head should be leveled with eyes straight ahead
- Arms at side with palms facing legs
- Participant will grasp dynamometer with base of thumb and fingers and palm without it touching their leg
- Instruct participant to squeeze as hard as they can
- Repeat 3X

Team 3 Sentiments
Overall we believe that the hand grip strength test via handheld dynamometer is quick, easy, and a reliable assessment tool to assess grip strength in older adults. However, according to Sanderson et al, the hand grip strength should be accompanied with a lower extremity functional assessment to truly assess overall strength. For the most reliable results, clinicians should calibrate the hand grip dynamometer once a month.

Resources:
https://www.ncbi.nlm.nih.gov/pubmed/22492415