

Grip Strength Norms taken from Rehab Measures

Community dwelling older adults:

(Desrosiers et al, 1994; $n = 360$; mean age = 73.9 (8.0) years; community dwelling older adults, Quebec, Canada , comparison Jamar dynamometer (kg) and Martin Vigorimeter (kPa))

Mean (Standard Deviation)				
Women	Jamar	Jamar	Martin	Martin
Age	Right Hand (kg)	Left Hand (kg)	Right Hand (kPa)	Left Hand (kPa)
60-69	25.3 (4.8)	23.6 (4.7)	53.7 (10.2)	52.4 (9.9)
70-79	23.7 (5.1)	22.0 (4.7)	52.3 (12.0)	50.1 (11.2)
80+	20.0 (4.3)	18.5 (4.4)	44.1 (9.4)	42.7 (10.9)
Men				
60-69	45.6 (8.6)	43.6 (8.7)	89.4 (16.7)	88.1 (17.2)
70-79	42.4 (9.1)	40.5 (8.5)	83.0 (18.2)	79.6 (16.2)
80+	34.5 (7.2)	32.1 (7.0)	64.6 (14.5)	64.3 (14.7)

(Stegink Jansen et al, 2008; $n = 224$; mean age = 75.4 (6.8); **good health with normal hand functions**; Jamar dynamometer)

Men Norm in Pounds				Women Norms in Pounds			
Age	Hand	Mean	SD	Age	Hand	Mean	SD
65-69	R	91.5	15.5	65-69	R	54.9	10.1
	L	88.2	14.4		L	51.5	9.5
70-74	R	84.2	17.2	70-74	R	52.5	9.5
	L	81.4	18.4		L	48.3	10.5
75-79	R			75-79	R	48.2	10.3
	L				L	43.6	10.7
80-84	R	70.6	14.6	80-84	R	44.5	11.1
	L	63.1	16.2		L	41.0	9.3
85+	R	54.2	14.2	85+	R	40.4	11.6
	L	50.3	13.8		L	37.7	8.6

Healthy Adults:

(Massy-Westropp et al, 2011; 1366 men and 1312 women, community based Australian population, **healthy adults**, Jamar hand dynamometer)

Men Hand Grip Strength in kilograms: Mean (SD)			Women Hand Grip Strength in kilograms: Mean (SD)		
Age	Right	Left	Age	Right	Left
20-29	47 (9.5)	45 (8.8)	20-29	30 (7)	28 (6.1)
30-39	47 (9.7)	47 (9.8)	30-39	31 (6.4)	29 (6)
40-49	47 (9.5)	45 (9.3)	40-49	29 (5.7)	28 (5.7)
50-59	45 (8.4)	43 (8.3)	50-59	28 (6.3)	26 (5.7)
60-69	40 (8.3)	38 (8.0)	60-69	24 (5.3)	23 (5)
70+	33 (7.8)	32 (7.5)	70+	20 (5.8)	19 (5.5)