GRIP STRENGTH

INTRODUCTION and ELIGIBILITY ASSESSMENT: "This device is called a hand-held dynamometer and is used to measure the strength in your hands. This is primarily an isometric test, which means that even when you squeeze the grip bars as hard as you can, the bars will not feel like they are moving much at all. Before starting, I will ask you a few questions to make sure it it safe for you to do this test."

1. Do you have any pain or arthritis in either hand or wrist? GRIP1

Yes ○ **1**   No ○ **0**   Don't know ○ **8**   Refused ○ **7**

Go to Question 2.

1a. Is the pain or arthritis in your right, left or both hands or wrists? GRIP1A

Right ○ **1**   Left ○ **2**   Both ○ **3**   Don't know ○ **8**   Refused ○ **7**

1b. Has the pain or arthritis in your hand(s) or wrist(s) gotten worse recently? GRIP1B

Yes ○ **1**   No ○ **2**   Don't know ○ **8**   Refused ○ **7**

1c. Will the pain or arthritis in your hand(s) or wrist(s) keep you from squeezing as hard as you can? GRIP1C

Yes ○ **1**   No ○ **2**   Don't know ○ **8**   Refused ○ **7**

2. Have you had any surgery on either hand or wrist in the past 3 months? GRIP2

Yes ○ **1**   No ○ **0**   Don't know ○ **8**   Refused ○ **7**

Go on to test.

2a. Was the surgery on your right, left or both hands or wrists? GRIP2A

Right ○ **1**   Left ○ **2**   Both ○ **3**   Don't know ○ **8**

| *Test left side only* | *Test right side only* | *Do not test* |

Examiner note: With the participant seated, adjust the table height to be about even with the participant's outstretched arm. Describe the test as you demonstrate how to hold the dynamometer. Reset to zero.

Describe: "Please extend your right (left) arm out to your side and rest it on the table with your arm straight and wrist on the mouse pad. Grip the two bars in your hand like this and squeeze gently to get the feel of it. Are the bars the right distance apart for a comfortable grip?" ***Reset to zero and adjust grip if needed.***

Test: "We'll do this three times on each side. When I say squeeze, squeeze as hard as you can. Ready? Squeeze! Squeeze! Squeeze! Now, stop." ***Record dial reading and reset to zero. After 20 seconds, repeat.***

RIGHT HAND			*LEFT HAND*		
Trial 1 **GRIP3R1**	Trial 2 **GRIP3R2**	Trial 3 **GRIP3R3**	Trial 1 **GRIP3L1**	Trial 2 **GRIP3L2**	Trial 3 **GRIP3L3**
[__][__] *kg*	[__][__] *kg*	[__][__] *kg*	[__][__] *kg*	[__][__] *kg*	[__][__] *kg*

Right hand completion status: GRIP3R4

Excluded ○ **0**   Did 1 trial ○ **3**

Refused ○ **7**   Did 2 trials ○ **2**

Unable to do ○ **4**   Did 3 trials ○ **1**

Left hand completion status:

Excluded ○ **0**   Did 1 trial ○ **3**

Refused ○ **7**   Did 2 trials ○ **2**

Unable to do ○ **4**   Did 3 trials ○ **1**

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