

Hand Grip Strength Testing for Older Adults

Equipment needed: Chair (preferably without arms), handgrip dynamometer

A simple handgrip strength test using a dynamometer is a quick screen for overall muscle strength as the two are highly correlated in older populations. A standardized positioning for this test has been recommended:

- Subject is seated with back, pelvis and knees as close to 90 degrees as possible
- Shoulder is adducted (arm by their side), elbow flexed at 90 degrees, forearm neutral
- The arm is not supported by the examiner or armrest and the dynamometer is presented vertically and in line with the forearm
- Maximum grip is the mean of three trials

According to the U.S. Centers for Disease Control criteria the following levels of muscle strength are in the chart below. However, a measurement below 30kg for men and 20kg for women are used to diagnose sarcopenia.

	Men	Women
Normal	>32 kg	>20 kg
Intermediate	26-31.9 kg	16-19.9 kg
Weak	< 26 kg	< 16 kg