



Participant ID: _____

Participant Initials: _____

Clinical Center: _____

Site: _____

Visit Number: _____

CRF Date: _____

RC ID: _____

HAND GRIP DYNAMOMETER

1. Technician ID: _____

"In this exercise, I am going to use this instrument to test the strength in your hand".

PRE-TEST QUESTIONS

2. Which hand do you use to sign your name? (Dominant hand)

₁ Right ₂ Left

3. Do you have pain or arthritis in this hand or wrist? (Dominant hand)

₁ Yes **→ Proceed to Q#3a**

₀ No **→ Proceed to Q#4**

A. If "Yes", do you think it would be safe to try this test?

₁ Yes **→ Proceed to Q#4**

₀ No **→ Proceed to Q#8**

"I would like you to take this in your hand so I can adjust the settings."

ADJUST THE HAND GRIP SETTINGS SO THAT THE PARTICIPANT'S FINGERS BEND AT A RIGHT ANGLE AND RECORD THE HAND GRIP SETTING.

4. Hand Grip Side: ₁ Right ₂ Left

5. Hand Grip Setting: _____ ₉₇ Not Done

TESTING

"Bend your elbow, and press your arm against your side while holding the device" **DEMONSTRATE WITH UPPER ARM AGAINST THE BODY AND ELBOW ON THE TABLE.**

"I will ask you to do this test three times. If you would like to stop the test due to pain or discomfort, tell me and we will stop. When I say 'squeeze', squeeze as hard as you can. The handles will not move, but I will be able to read the force of your grip on the instrument."

DEMONSTRATE.

You can start when I say 'ready, begin'....." Ready, begin."

WHEN THE PARTICIPANT BEGINS, SAY, "Squeeze, squeeze, squeeze!"

INSTRUCT THE PARTICIPANT TO RELAX THEIR GRIP BUT CONTINUE TO HOLD THE DEVICE BETWEEN EACH TEST.

RECORD THE DIGITAL RESULTS. COMPLETE THE TEST 3 TIMES.

6. Hand Grip Strength:

6.1 _____ <input type="checkbox"/> ₉₇ Not Done	6.2 _____ <input type="checkbox"/> ₉₇ Not Done	6.3 _____ <input type="checkbox"/> ₉₇ Not Done
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POSTTEST

7. Did pain limit your ability to do the test for all three attempts?

₁ Yes

₀ No

8. Reason for missing data: **(Check ONE response only)**

₁ Physical Limitation

₂ Instrument Problem

₃ Not attempted, examiner deemed unsafe

₄ Not attempted, participant felt unsafe

₉₉ Not Applicable