

HAND GRIP



A hand dynamometer was used for measuring grip strength. The Metriks System protocols and normative data are based on *Grip and Pinch Strength: Normative Data for Adults*⁽⁵⁾. A summary of the results is listed in the table below.

HAND GRIP NORMAL COMPARISON										
Test	C.V.		Peak Force		Normal		Normal Comparison		Bilateral Comparison	
	Left (%)	Right (%)	Left (lb)	Right (lb)	Left (lb)	Right (lb)	Left (%)	Right (%)	Stronger Side	% Stronger
Pos. #1	3 %	44 %	25.0	7.0	-	-	-	-	Left	257.0%
Pos. #2	4 %	29 %	28.0	11.0	112.9	119.7	24 %	9 %	Left	155.0%
Pos. #3	3 %	34 %	26.0	5.0	-	-	-	-	Left	420.0%
Pos. #4	5 %	37 %	24.0	5.0	-	-	-	-	Left	380.0%
Pos.#5	1 %	18 %	27.0	11.0	-	-	-	-	Left	145.0%
REG	10 %	13 %	37.0	24.0	-	-	-	-	Left	54.0%

A sincerity of effort test was performed comparing the score at the standard position #2 to the Rapid Exchange Grip (REG) test position #2. The pass/fail cutoff is that the REG score is expected to be less than or equal to the standard test at position #2. This is based on *Detection of submaximal effort by use of the rapid exchange grip*.⁽⁶⁾

SINCERITY OF EFFORT				
Test	REG (lb force)	Expected (lb force)	% change	Pass/Fail
Position #2 Left	37.0	< 28.0	32.0%	Fail
Position #2 Right	24.0	< 11.0	118.0%	Fail

A sincerity of effort test was performed by comparing the five test scores of the **Maximum Voluntary Effort (MVE)** test. The pass/fail cutoff, based on *The Seriously Uninjured Hand - Weakness of Grip*,⁽⁷⁾ is that both normal and injured hand strength should be greater in positions 2, 3 and 4, and less in positions 1 and 5.

