

Grip Strength Procedure

Now I would like to assess the strength of your hand in a gripping action. I will count up to three and then ask you to squeeze this handle as hard as you can, just for two or three seconds and then let go.

DEMONSTRATE.

I will take alternately three measurements from your right hand and your left hand. Would you be willing to have your handgrip measured?

POSITION THE RESPONDENT CORRECTLY.

- Adjust gripometer to hand size by turning the lever and reset arrow at zero.
- Explain the procedure once again.
- Show the respondent how to do the test and let the respondent have a practice with one hand.

RECORD MEASUREMENTS.

At the start of each measure, say: '**One, two, three, squeeze!**'

Enter result into CAPI to the nearest whole value.