

Protocol ID: _____

Study Name: _____

Site: _____

Event Name: _____

Event Date: _____

Study Subject ID: _____

Interviewer Name: _____

Interview Date: _____

BLSA Grip Strength - Ver. 1.0**Section Title: Grip Strength****Instructions:**

Date Completed

☐ Blank

Tester ID

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 is safe for you to do this test."

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

☐ Yes
☐ No
☐ Don't know
☐ Refused

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

☐ Right
☐ Left
☐ Both
☐ Don't know
☐ Refused

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

☐ Yes
☐ No
☐ Don't know
☐ Refused

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

☐ Yes
☐ No
☐ Don't know
☐ Refused

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

- ☐ Yes
☐ No
☐ Don't know
☐ Refused

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

- ☐ Right (Test left side only)
☐ Left (Test right side only)
☐ Both (Do not test)
☐ Don't know (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

Trial 1 (kg)

Trial 2 (kg)

Trial 3 (kg)

Right hand completion status ☐ Did 1 trial ☐ Did 2 trials ☐ Did 3 trials ☐ Excluded ☐ Refused ☐ Unable to do [Click to deselect entry](#)

LEFT

Trial 1 (kg)

Trial 2 (kg)

Trial 3 (kg)

Left hand completion status ☐ Did 1 trial ☐ Did 2 trials ☐ Did 3 trials ☐ Excluded ☐ Refused ☐ Unable to do [Click to deselect entry](#)