

## Pinch Strength Norms for 6 to 19 Year Olds

### Average Performance of Normal Subjects on Tip Pinch (kg.)

		Men			Women		
Age	Hand	Mean	SD	Range	Mean	SD	Range
6-7	R	3.3	0.7	1.8-4.5	3.0	0.5	1.8-4.5
	L	3.2	0.6	2.3-5.0	2.8	0.7	1.4-4.5
8-9	R	3.9	1.0	2.7-7.7	3.4	0.6	2.3-4.5
	L	3.8	1.0	1.8-6.8	3.3	0.6	2.3-4.5
10-11	R	4.5	1.1	2.3-7.3	4.4	0.6	3.2-5.9
	L	4.3	1.0	2.3-7.3	4.3	0.8	2.7-5.4
12-13	R	4.8	1.1	2.3-6.4	4.8	1.0	2.7-7.7
	L	4.4	1.0	2.3-5.9	4.6	1.0	2.3-7.7
14-15	R	5.9	1.3	3.6-9.1	4.6	1.0	2.3-6.8
	L	5.7	1.4	2.7-8.2	4.3	1.1	1.8-7.7
16-17	R	6.8	1.2	5.0-9.5	5.4	1.0	4.1-8.6
	L	6.3	1.2	3.2-10.0	5.0	1.0	3.2-7.7
18-19	R	7.7	1.7	4.5-14.1	6.1	1.3	3.2-9.1
	L	7.3	1.7	5.0-13.2	6.1	1.3	3.6-9.1

The above information is taken from *Grip Pinch Strength: Norms for 6 to 19 Year-Olds*, Am J Occ Therapy, Vol. 40 No. 10, pgs 705-11, Oct 1986, V. Mathiowetz, et al

**Data converted from pounds (lb.) to kilograms (kg.)**

## **Pinch Strength Norms for 6 to 19 Year Olds**

### **Average Performance of Normal Subjects on Key Pinch (kg.)**

		Men			Women		
Age	Hand	Mean	SD	Range	Mean	SD	Range
6-7	R	5.1	0.9	3.2-7.3	4.4	0.7	2.7-5.4
	L	4.8	1.0	1.8-6.8	4.1	0.7	2.3-5.0
8-9	R	5.9	1.2	4.1-8.2	5.3	1.2	3.6-10.4
	L	5.5	1.1	3.6-9.1	5.1	1.0	3.6-9.1
10-11	R	6.9	1.4	4.1-10.0	6.4	1.0	5.0-9.5
	L	6.6	1.3	4.1-10.0	6.0	0.9	5.0-8.6
12-13	R	7.5	1.3	5.0-10.0	6.9	1.2	5.0-10.0
	L	7.1	1.3	4.5-9.5	6.4	1.4	4.5-10.4
14-15	R	9.5	1.7	6.4-14.5	7.1	1.1	5.4-10.0
	L	9.0	1.7	5.4-11.8	6.7	1.2	3.2-10.0
16-17	R	10.6	1.5	6.4-14.1	7.8	1.4	5.4-12.2
	L	9.9	1.6	5.9-13.6	7.5	1.4	5-11.3
18-19	R	10.7	1.9	7.7-15.4	8.2	1.1	5.4-10.4
	L	10.4	1.8	6.4-15.0	7.8	1.1	5.4-10.0

The above information is taken from **Grip Pinch Strength: Norms for 6 to 19 Year-Olds**, Am J Occ Therapy, Vol. 40 No. 10, pgs 705-11, Oct 1986, V. Mathiowetz, et al

**Data converted from pounds (lb.) to kilograms (kg.)**

## Pinch Strength Norms for 6 to 19 Year Olds

### Average Performance of Normal Subjects on Palmar Pinch (kg.)

		Men			Women		
Age	Hand	Mean	SD	Range	Mean	SD	Range
6-7	R	4.5	1.0	2.3-5.9	4.1	0.8	2.7-5.4
	L	4.2	0.9	2.3-5.9	3.8	0.6	2.7-5.0
8-9	R	5.3	1.0	3.2-7.7	4.9	1.0	3.6-7.7
	L	5.1	1.3	2.7-7.3	4.7	1.0	2.7-9.1
10-11	R	6.3	1.2	3.2-9.5	6.1	1.0	5.0-10.0
	L	6.0	1.3	3.6-10.4	5.7	0.9	4.5-7.7
12-13	R	7.0	1.6	3.6-11.8	7.0	1.2	5.0-10.4
	L	6.8	1.9	3.6-10.4	6.4	1.3	4.5-9.1
14-15	R	8.7	1.9	5.0-12.7	7.1	1.5	4.1-11.8
	L	8.5	2.3	4.5-15.0	6.7	1.5	3.6-11.3
16-17	R	10.1	2.3	7.7-17.7	8.1	1.8	5.4-12.2
	L	9.2	1.9	6.4-14.1	7.5	1.8	4.5-11.8
18-19	R	10.8	2.0	7.7-15.4	9.2	1.5	4.5-11.8
	L	10.6	2.0	7.3-15.4	8.6	1.4	6.4-11.3

The above information is taken from **Grip Pinch Strength: Norms for 6 to 19 Year-Olds**, Am J Occ Therapy, Vol. 40 No. 10, pgs 705-11, Oct 1986, V. Mathiowetz, et al

**Data converted from pounds (lb.) to kilograms (kg.)**