

Pinch Strength Norms for Adults

Average Performance of All Subjects on Tip Pinch (kg.)

		Men			Women		
Age	Hand	Mean	SD	Range	Mean	SD	Range
20-24	R	8.2	1.4	5.0-10.4	5.0	1.0	3.6-7.3
	L	7.7	1.0	5.4-15.0	4.8	0.8	3.6-6.4
25-29	R	8.3	2.0	4.5-15.4	5.4	0.8	3.6-7.3
	L	7.9	2.4	5.4-16.3	5.1	0.8	4.1-8.2
30-34	R	8.0	3.0	5.4-11.3	5.7	1.4	3.6-9.1
	L	8.0	2.2	4.5-12.2	5.3	1.3	3.2-7.7
35-39	R	8.2	1.6	5.4-12.2	5.3	1.1	3.6-8.6
	L	8.0	1.7	4.5-10.9	5.4	1.1	3.6-7.3
40-44	R	8.1	1.8	5.0-11.3	5.2	1.2	2.3-6.8
	L	8.0	1.6	5.4-11.3	5.0	1.4	2.7-7.7
45-49	R	8.5	2.2	5.4-13.6	6.0	1.4	4.1-8.6
	L	8.0	1.9	5.4-12.7	5.5	1.2	3.2-8.2
50-54	R	8.3	1.8	5.0-10.9	5.7	1.0	4.1-8.2
	L	8.1	1.8	5.4-11.8	5.2	1.1	3.2-7.3
55-59	R	7.5	1.5	5.0-10.9	5.3	0.8	4.1-7.3
	L	6.8	1.7	4.5-11.8	4.7	0.6	3.6-5.9
60-64	R	7.2	1.8	4.1-10.0	4.6	1.0	3.2-7.7
	L	6.9	1.7	4.1-10.4	4.5	0.9	2.7-6.8
65-69	R	7.7	1.9	5.0-12.2	4.8	0.9	3.2-6.8
	L	7.0	1.3	4.5-9.5	4.8	1.1	3.2-7.7
70-74	R	6.3	1.2	5.0-9.5	4.6	1.2	3.2-6.8
	L	6.0	1.2	4.5-9.5	4.4	1.0	2.7-7.7
75+	R	6.4	1.5	3.2-9.5	4.4	1.3	1.8-7.3
	L	6.3	1.7	3.6-11.3	4.2	1.1	1.8-5.9

The above information is taken from **Grip & Pinch Strength: Normative Data for Adults**, Arch Phys Med Rehabil 66:69-72, 1985, V. Mathiowetz, et al

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

Pinch Strength Norms for Adults

Average Performance of All Subjects on Key Pinch (kg.)

		Men			Women		
Age	Hand	Mean	SD	Range	Mean	SD	Range
20-24	R	11.8	1.6	9.5-15.4	8.0	0.9	6.4-10.4
	L	11.2	1.5	8.6-14.1	7.3	1.0	5.9-10.4
25-29	R	12.1	2.2	8.6-18.6	8.0	1.0	6.4-10.0
	L	11.3	2.0	8.6-17.7	7.5	1.0	5.9-10.0
30-34	R	12.0	2.2	9.1-16.3	8.5	1.4	5.9-11.3
	L	11.9	2.3	7.7-16.3	8.1	1.6	5.4-11.8
35-39	R	11.8	1.5	9.5-14.5	7.5	0.9	5.4-9.5
	L	11.6	1.8	8.2-14.5	7.3	1.2	5.4-10.0
40-44	R	11.6	1.2	9.5-14.1	7.6	1.4	4.5-10.9
	L	11.4	1.8	8.6-14.1	7.2	1.4	3.6-10.0
45-49	R	11.7	1.8	8.6-15.9	8.0	1.5	5.9-10.9
	L	11.2	2.0	8.2-19.1	7.5	1.3	5.4-10.9
50-54	R	12.1	2.0	9.1-15.4	7.6	1.1	5.4-10.0
	L	11.8	1.9	9.1-16.8	7.3	1.2	5.4-10.0
55-59	R	11.0	1.9	8.2-15.4	7.1	1.1	5.0-9.5
	L	10.4	2.1	5.9-14.1	6.7	1.0	5.4-8.6
60-64	R	10.5	2.4	6.4-16.8	7.0	1.2	4.5-9.1
	L	10.1	1.9	7.3-15.0	6.4	1.1	4.5-8.6
65-69	R	10.6	1.8	7.7-14.5	6.8	1.2	4.5-9.5
	L	10.0	1.6	7.7-12.7	6.5	1.3	4.5-9.1
70-74	R	8.8	1.1	7.3-11.3	6.6	1.3	3.6-10.0
	L	8.7	1.4	5.9-12.7	6.3	1.4	4.1-10.0
75 +	R	9.3	2.1	4.1-14.1	5.7	1.0	3.6-7.7
	L	8.7	1.4	5.9-10.9	5.2	1.2	3.2-7.3

The above information is taken from **Grip & Pinch Strength: Normative Data for Adults**, Arch Phys Med Rehabil 66:69-72, 1985, V. Mathiowetz, et al

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

Pinch Strength Norms for Adults

Average Performance of All Subjects on Palmar Pinch (kg.)

		Men			Women		
Age	Hand	Mean	SD	Range	Mean	SD	Range
20-24	R	12.1	2.5	8.2-20.4	7.8	1.0	6.4-10.4
	L	11.7	2.6	6.8-19.1	7.4	1.3	5.0-10.9
25-29	R	11.8	2.0	8.6-15.9	8.0	1.5	5.9-13.2
	L	11.4	1.9	8.6-16.3	7.7	1.4	5.9-11.8
30-34	R	11.2	2.1	7.3-15.4	8.8	2.3	5.4-15.4
	L	11.5	2.6	6.8-16.8	8.2	2.2	5.4-14.5
35-39	R	11.9	1.9	8.6-16.3	7.9	1.9	5.9-13.2
	L	11.7	2.4	6.4-18.1	7.8	1.5	5.4-10.9
40-44	R	11.1	2.0	7.7-16.8	7.7	1.4	4.5-10.4
	L	11.2	2.2	6.8-16.8	7.5	1.6	4.5-11.3
45-49	R	10.9	1.5	8.6-15.0	8.1	1.4	5.4-11.2
	L	10.8	1.7	8.2-15.0	7.9	1.3	5.4-10.9
50-54	R	10.8	2.4	6.8-16.3	7.8	1.4	5.4-10.4
	L	10.9	2.6	7.3-16.3	7.4	1.3	5.4-10.0
55-59	R	10.8	2.2	7.3-15.4	7.3	1.4	5.0-11.8
	L	9.7	2.0	5.4-12.7	7.0	1.4	5.0-9.5
60-64	R	9.9	1.5	7.3-12.7	6.7	1.4	4.5-9.1
	L	9.6	1.5	6.8-12.2	6.5	1.2	4.5-9.1
65-69	R	9.7	1.4	6.8-11.3	6.4	1.4	3.6-9.1
	L	9.6	1.9	6.4-13.6	6.2	1.5	3.6-10.0
70-74	R	8.2	1.5	6.4-12.2	6.5	1.2	4.1-8.6
	L	8.5	1.5	5.9-12.2	6.4	0.9	4.5-7.7
75+	R	8.5	1.9	4.1-11.8	5.4	1.2	3.6-7.7
	L	8.3	1.7	4.5-11.8	5.2	1.2	2.7-7.3

The above information is taken from ***Grip & Pinch Strength: Normative Data for Adults***, Arch Phys Med Rehabil 66:69-72, 1985, V. Mathiowetz, et al

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