

Pinch Strength Norms for Adults

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

		Men			Women		
Age	Hand	Mean	SD	Range	Mean	SD	Range
20-24	R	18.0	3.0	11-23	11.1	2.1	8-16
	L	17.0	2.3	12-33	10.5	1.7	8-14
25-29	R	18.3	4.4	10-34	11.9	1.8	8-16
	L	17.5	5.2	12-36	11.3	1.8	9-18
30-34	R	17.6	6.7	12-25	12.6	3.0	8-20
	L	17.6	4.8	10-27	11.7	2.8	7-17
35-39	R	18.0	3.6	12-27	11.6	2.5	8-19
	L	17.7	3.8	10-24	11.9	2.4	8-16
40-44	R	17.8	4.0	11-25	11.5	2.7	5-15
	L	17.7	3.5	12-25	11.1	3.0	6-17
45-49	R	18.7	4.9	12-30	13.2	3.0	9-19
	L	17.6	4.1	12-28	12.1	2.7	7-18
50-54	R	18.3	4.0	11-24	12.5	2.2	9-18
	L	17.8	3.9	12-26	11.4	2.4	7-16
55-59	R	16.6	3.3	11-24	11.7	1.7	9-16
	L	15.0	3.7	10-26	10.4	1.4	8-13
60-64	R	15.8	3.9	9-22	10.1	2.1	7-17
	L	15.3	3.7	9-23	9.9	2.0	6-15
65-69	R	17.0	4.2	11-27	10.6	2.0	7-15
	L	15.4	2.9	10-21	10.5	2.4	7-17
70-74	R	13.8	2.6	11-21	10.1	2.6	7-15
	L	13.3	2.6	10-21	9.8	2.3	6-17
75+	R	14.0	3.4	7-21	9.6	2.8	4-16
	L	13.9	3.7	8-25	9.3	2.4	4-13

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

Pinch Strength Norms for Adults

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

		Men			Women		
Age	Hand	Mean	SD	Range	Mean	SD	Range
20-24	R	26.0	3.5	21-34	17.6	2.0	14-23
	L	24.8	3.4	19-31	16.2	2.1	13-23
25-29	R	26.7	4.9	19-41	17.7	2.1	14-22
	L	25.0	4.4	19-39	16.6	2.1	13-22
30-34	R	26.4	4.8	20-36	18.7	3.0	13-25
	L	26.2	5.1	17-36	17.8	3.6	12-26
35-39	R	26.1	3.2	21-32	16.6	2.0	12-21
	L	25.6	3.9	18-32	16.0	2.7	12-22
40-44	R	25.6	2.6	21-31	16.7	3.1	10-24
	L	25.1	4.0	19-31	15.8	3.1	8-22
45-49	R	25.8	3.9	19-35	17.6	3.2	13-24
	L	24.8	4.4	18-42	16.6	2.9	12-24
50-54	R	26.7	4.4	20-34	16.7	2.5	12-22
	L	26.1	4.2	20-37	16.1	2.7	12-22
55-59	R	24.2	4.2	18-34	15.7	2.5	11-21
	L	23.0	4.7	13-31	14.7	2.2	12-19
60-64	R	23.2	5.4	14-37	15.5	2.7	10-20
	L	22.2	4.1	16-33	14.1	2.5	10-19
65-69	R	23.4	3.9	17-32	15.0	2.6	10-21
	L	22.0	3.6	17-28	14.3	2.8	10-20
70-74	R	19.3	2.4	16-25	14.5	2.9	8-22
	L	19.2	3.0	13-28	13.8	3.0	9-22
75 +	R	20.5	4.6	9-31	12.6	2.3	8-17
	L	19.1	3.0	13-24	11.4	2.6	7-16

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

Pinch Strength Norms for Adults

Average Performance of All Subjects on Palmer Pinch (lb.)

		Men			Women		
Age	Hand	Mean	SD	Range	Mean	SD	Range
20-24	R	26.6	5.5	18-45	17.2	2.3	14-23
	L	25.7	5.8	15-42	16.3	2.8	11-24
25-29	R	26.0	4.3	19-35	17.7	3.2	13-29
	L	25.1	4.2	19-36	17.0	3.0	13-26
30-34	R	24.7	4.7	16-34	19.3	5.0	12-34
	L	25.4	5.7	15-37	18.1	4.8	12-32
35-39	R	26.2	4.1	19-36	17.5	4.2	13-29
	L	25.9	5.4	14-40	17.1	3.4	12-24
40-44	R	24.5	4.3	17-37	17.0	3.1	10-23
	L	24.8	4.9	15-37	16.6	3.5	10-25
45-49	R	24.0	3.3	19-33	17.9	3.0	12-27
	L	23.7	3.8	18-33	17.5	2.8	12-24
50-54	R	23.8	5.4	15-36	17.3	3.1	12-23
	L	24.0	5.8	16-36	16.4	2.9	12-22
55-59	R	23.7	4.8	16-34	16.0	3.1	11-26
	L	21.3	4.5	12-28	15.4	3.0	11-21
60-64	R	21.8	3.3	16-28	14.8	3.1	10-20
	L	21.2	3.2	15-27	14.3	2.7	10-20
65-69	R	21.4	3.0	15-25	14.2	3.1	8-20
	L	21.2	4.1	14-30	13.7	3.4	8-22
70-74	R	18.1	3.4	14-27	14.4	2.6	9-19
	L	18.8	3.3	13-27	14.0	1.9	10-17
75+	R	18.7	4.2	9-26	12.0	2.6	8-17
	L	18.3	3.8	10-26	11.5	2.6	6-16

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