

Pinch Strength Norms for 6 to 19 Year Olds

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

		Men			Women		
Age	Hand	Mean	SD	Range	Mean	SD	Range
6-7	R	7.2	1.6	4-10	6.7	1.2	4-10
	L	7.1	1.4	5-11	6.1	1.5	3-10
8-9	R	8.6	2.2	6-17	7.6	1.4	5-10
	L	8.3	2.2	4-15	7.2	1.3	5-10
10-11	R	10.0	2.4	5-16	9.7	1.4	7-13
	L	9.5	2.3	5-16	9.4	1.7	6-12
12-13	R	10.5	2.5	5-14	10.6	2.2	6-17
	L	9.8	2.3	5-13	10.1	2.3	5-17
14-15	R	13.1	2.9	8-20	10.2	2.3	5-15
	L	12.6	3.0	6-18	9.5	2.4	4-17
16-17	R	15.0	2.7	11-21	11.9	2.3	9-19
	L	13.8	2.7	7-22	11.1	2.3	7-17
18-19	R	17.0	3.8	10-31	13.5	2.8	7-20
	L	16.1	3.8	11-29	13.4	2.9	8-20

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

Pinch Strength Norms for 6 to 19 Year Olds

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

		Men			Women		
Age	Hand	Mean	SD	Range	Mean	SD	Range
6-7	R	11.3	2.0	7-16	9.6	1.5	6-12
	L	10.6	2.1	4-15	9.1	1.5	5-11
8-9	R	13.1	2.6	9-18	11.6	2.6	8-23
	L	12.2	2.5	8-20	11.3	2.1	8-20
10-11	R	15.3	3.1	9-22	14.2	2.1	11-21
	L	14.5	2.9	9-22	13.3	2.0	11-19
12-13	R	16.6	2.9	11-22	15.2	2.6	11-22
	L	15.6	2.8	10-21	14.1	3.0	10-23
14-15	R	20.9	3.8	14-32	15.6	2.5	12-22
	L	19.9	3.7	12-26	14.8	2.7	7-22
16-17	R	23.3	3.4	14-31	17.3	3.0	12-27
	L	21.8	3.6	13-30	16.6	3.1	11-25
18-19	R	23.5	4.1	17-34	18.1	2.4	12-23
	L	22.9	4.0	14-33	17.2	2.5	12-22

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Pinch Strength Norms for 6 to 19 Year Olds

Average Performance of Normal Subjects on Palmar Pinch (lb.)

		Men			Women		
Age	Hand	Mean	SD	Range	Mean	SD	Range
6-7	R	10.0	2.2	5-13	9.0	1.7	6-12
	L	9.2	2.0	5-13	8.4	1.4	6-11
8-9	R	11.6	2.3	7-17	10.7	2.1	8-17
	L	11.2	2.8	6-16	10.3	2.2	6-20
10-11	R	13.9	2.7	7-21	13.5	2.2	11-22
	L	13.2	2.9	8-23	12.6	2.0	10-17
12-13	R	15.5	3.6	8-26	15.4	2.6	11-23
	L	15.1	4.1	8-23	14.2	2.8	10-20
14-15	R	19.2	4.2	11-28	15.6	3.3	9-26
	L	18.8	5.0	10-33	14.7	3.4	8-25
16-17	R	22.2	5.0	17-39	17.8	3.9	12-27
	L	20.3	4.1	14-31	16.6	3.9	10-26
18-19	R	23.8	4.3	17-34	20.2	3.3	10-26
	L	23.4	4.5	16-34	19.0	3.0	14-25

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