



Pinch Strength Norms for Adults

Average Performance of All Subjects on Key Pinch (lb)

Age	Hand	<u>Men</u>			<u>Women</u>		
		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