

Pinch Strength Norms for Ages 6-19

Average Performance of Normal Subjects on Key Pinch (lb)

Age	Hand	Males			Females		
		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	1-21
	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

Mathiowetz V, Wiemer D, Federman S: Grip and Pinch Strength: Norms for 6- to 19-Year Olds. American Journal of Occupational Therapy pp.705-711, 1986.

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