

Kessinger Diagnostic Centre

www.drkessinger.com

Grip Strength

Name: _____ Age: _____ Gender: _____

Height: _____ Weight: _____ Date: _____

Dynamometer (grip strength):

Because muscle strength consistently predicts morbidity and mortality, it is suggested that this variable can be successfully used as a hard marker of malnutrition related morbidity and mortality, particularly in relation to protein intake.

DATE					
R:					
L:					

Age	Hand	Males	Females	Age	Hand	Males	Females
20-24	R	121	70.4	45-49	R	109.9	62.2
	L	104.5	61		L	100.8	56
25-29	R	120.8	74.5	50-54	R	113.6	65.8
	L	110.5	63.5		L	101.9	57.3
30-34	R	121.8	78.8	55-59	R	101.1	57.3
	L	110.4	68		L	83.2	47.3
35-39	R	119.7	74.1	60-64	R	89.7	55.1
	L	112.9	66.3		L	76.8	45.7
40-44	R	116.8	70.4	65-69	R	91.1	49.6
	L	112.8	62.3		L	76.8	41

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