

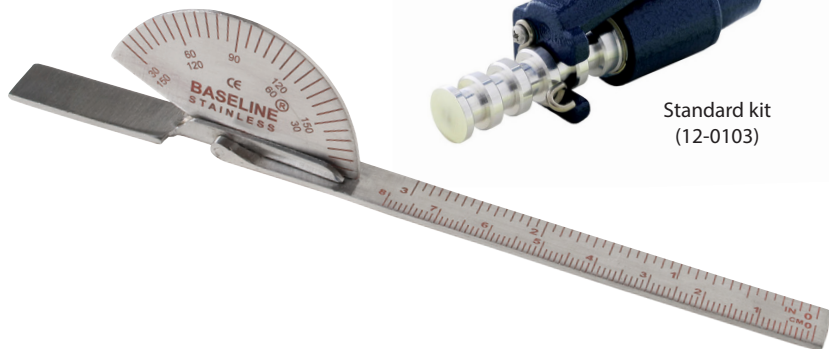
BASELINE[®] EVALUATION INSTRUMENTS

3-Piece Hand Evaluation Set

Instruction Manual

REF

- 12-0103 **Standard** Kit
- 12-0101 **LiTE[®]** Kit
- 12-0116 **HD[®]** Kit
- 12-0110 **ER[™] HiRes[®]** Kit
- 12-0112 **ER[™] Digital** Kit



BASELINE[®] EVALUATION INSTRUMENTS

3-piece hand evaluation sets

2
year
warranty



Standard Kit Includes (12-0103):

- (1) **Standard** Hydraulic Hand Dynamometer (12-0240)
- (1) **Standard** Hydraulic Pinch Gauge (12-0235)
- (1) 6" Stainless Steel Goniometer (12-1010)
- (1) Protective Carrying Case

1
year
warranty



LiTE[®] Kit Includes (12-0101):

- (1) **LiTE[®]** Hydraulic Hand Dynamometer (12-0241)
- (1) **LiTE[®]** Hydraulic Pinch Gauge (12-0226)
- (1) 6" Stainless Steel Goniometer (12-1010)
- (1) Protective Carrying Case

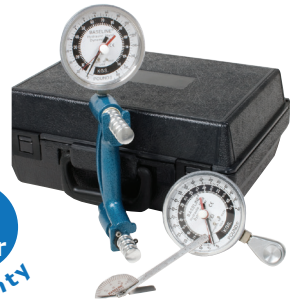
5
year
warranty



HD[®] Kit Includes (12-0116):

- (1) **HD[®]** Hydraulic Hand Dynamometer (12-0221)
- (1) **HD[®]** Hydraulic Pinch Gauge (12-0222)
- (1) 6" Stainless Steel Goniometer (12-1010)
- (1) Protective Carrying Case

2
year
warranty



ER[™] HiRes[®] Kit Includes (12-0110):

- (1) **ER[™] HiRes[®]** Hydraulic Hand Dynamometer (12-0246)
- (1) **ER[™] HiRes[®]** Hydraulic Pinch Gauge (12-0228)
- (1) 6" Stainless Steel Goniometer (12-1010)
- (1) Protective Carrying Case

Digital kit Includes (12-0112):

- (1) **Digital** Hydraulic Hand Dynamometer (12-0247)
- (1) **Digital** Hydraulic Pinch Gauge (12-0237)
- (1) 6" Stainless Steel Goniometer (12-1010)
- (1) Protective Carrying Case

2
year
warranty



3-piece hand evaluation set

Hydraulic Hand Dynamometer

The hand dynamometer can be used to measure grip strength. It is calibrated in pounds and kilograms of force.

The grip handle is adjustable to accommodate various hand sizes. Always use the same grip setting and dynamometer when evaluating a specific subject for hand trauma or disease.

Set the handle to the desired position. Have the subject hold the dynamometer in a comfortable position. The shoulder should be adducted and neutrally rotated, the elbow flexed to 90 degrees, and the forearm and wrist should be in a neutral position. Have the subject squeeze the handle using his/her maximum effort.

The red maximum pointer will remain at the subject's maximum reading until it is reset. The red maximum pointer must be reset before each grip test. Rotate the small knurled knob on top of the dial indicator in a counterclockwise direction until it rests against the black pointer at the zero marking. Each grip test should be repeated three times and the average result should be used.

Grip strength varies depending upon the size of the object being grasped. The adjustable handle allows for quantification of grip strength for different sized objects.

To determine whether a subject is exerting maximum effort use the following protocol:

- Take readings with adjustable handle in all five positions
- Test the normal hand and then the injured hand
- Repeat the test after five minutes

If maximum effort was exerted there should be approximately a 10% variation in the two sets of test results.



Hydraulic Pinch Gauge

The finger pinch gauge can be used to measure pinch strength. It is calibrated in pounds and kilograms of force.

Apply pinch force at the pinch groove while holding the pinch gauge between your thumb and finger(s). When force is applied farther toward the tip the reading will be slightly higher. When force is applied farther toward the rear the reading will be slightly lower.

The gauge must be “zeroed” before each pinch test. Grasp the knurled ring of the dial indicator and rotate it until the zero on the dial indicator is directly under the black pointer.

The red maximum pointer must be reset before each pinch test. Rotate the small knurled knob on top of the dial indicator in a counterclockwise direction until it rests against the black pointer at the zero marking. The red maximum pointer will remain at the subject’s maximum reading until it is reset.

Use the pinch gauge to perform the three basic pinch tests:

- **Tip Pinch** - thumb tip to index fingertip
- **Key Pinch** -thumb pad to lateral aspect of middle phalanx of index finger
- **Palmar Pinch** - thumb pad to pads of the index and middle fingers



Standard Hydraulic
Pinch Gauge
(12-0235)

Finger Goniometer

The finger goniometer can be used to measure active or passive

joint range of motion (ROM). It measures joint flexion and hyper-extension. It is calibrated in degrees.



6" Stainless Steel
Goniometer
(12-1010)

Align the fulcrum of the goniometer with the anatomical fulcrum of the joint being measured. Place the flat arm of goniometer that is attached to the dial indicator on the center of the limb (or extremity) to be measured. Hold both arms of the goniometer and move the joint through its entire range of motion (this can be done actively by the subject or passively by the examiner). The range of motion can be read directly from the dial indicator

norms for adult GRIP strength performance of all subjects
(lbs)

age	hand	men			women		
		mean	SD	low-high	mean	SD	low-high
20-24	dominant	121.0	20.6	91-167	70.4	14.5	46-95
	non-dominant	104.5	21.8	71-150	61.0	13.1	33-88
25-29	dominant	120.8	23.0	78-158	74.5	13.9	48-97
	non-dominant	110.5	16.2	77-139	63.5	12.2	48-97
30-34	dominant	121.8	22.4	70-170	78.7	19.2	46-137
	non-dominant	110.4	21.7	64-145	68.0	17.7	36-115
35-39	dominant	119.7	24.0	76-176	74.1	10.8	50-99
	non-dominant	112.9	21.7	73-157	66.3	11.7	49-91
40-44	dominant	116.8	20.7	84-165	70.4	13.5	38-103
	non-dominant	112.8	18.7	73-157	62.3	13.8	35-94
45-49	dominant	109.9	23.0	65-155	62.2	15.1	39-100
	non-dominant	100.8	22.8	58-160	56.0	12.7	37-83
50-54	dominant	113.6	18.1	79-151	65.8	11.6	38-87
	non-dominant	101.9	17.0	70-143	57.3	10.7	35-76
55-59	dominant	101.1	26.7	59-154	57.3	12.5	33-86
	non-dominant	83.2	23.4	43-128	47.3	11.9	31-76
60-64	dominant	89.7	20.4	51-137	55.1	10.1	37-77
	non-dominant	76.8	20.3	27-116	45.7	10.1	29-66
65-69	dominant	91.1	20.6	56-131	49.6	9.7	35-74
	non-dominant	76.8	19.8	43-117	41.0	8.2	29-63
70-75	dominant	75.3	21.5	32-108	49.6	11.7	33-78
	non-dominant	64.8	18.1	32-93	41.5	10.2	23-67
75+	dominant	65.7	21.1	40-135	42.6	11.0	25-65
	non-dominant	55.0	17.0	31-119	37.6	8.9	24-61
ALL	dominant	104.3	28.3	32-176	62.8	17.0	25-137
	non-dominant	93.1	27.6	27-160	53.9	15.7	23-115

norms for adult PINCH strength (Tip Pinch strength)
performance of all subjects (lbs)

age	hand	men			women		
		mean	SD	low-high	mean	SD	low-high
20-24	dominant	18.0	3.0	11-23	11.1	2.1	8-16
	non-dominant	17.0	2.3	12-33	10.5	1.7	8-14
25-29	dominant	18.3	4.4	10-34	11.9	1.8	8-16
	non-dominant	17.5	5.2	12-36	11.3	1.8	9-18
30-34	dominant	17.4	6.7	12-25	12.6	3.0	8-20
	non-dominant	17.6	4.8	10-27	11.7	2.8	7-17
35-39	dominant	18.0	3.6	12-27	11.6	2.5	8-19
	non-dominant	17.7	3.8	10-24	11.9	2.4	8-16
40-44	dominant	17.8	4.0	11-25	11.5	2.7	5-15
	non-dominant	17.7	3.5	12-25	11.1	3.0	6-17
45-49	dominant	18.7	4.9	12-30	13.2	3.0	9-19
	non-dominant	17.6	4.1	12-28	12.1	2.7	7-18
50-54	dominant	18.3	4.0	11-24	12.5	2.2	9-18
	non-dominant	17.8	3.9	12-26	11.4	2.4	7-16
55-59	dominant	16.6	3.3	11-24	11.7	1.7	9-16
	non-dominant	15.0	3.7	10-26	10.4	1.4	8-13
60-64	dominant	15.8	3.9	9-22	10.1	2.1	7-17
	non-dominant	15.3	3.7	9-23	9.9	2.0	6-15
65-69	dominant	17.0	4.2	11-27	10.6	2.0	7-15
	non-dominant	15.4	2.9	10-21	10.5	2.4	7-17
70-75	dominant	13.8	2.6	11-21	10.1	2.6	7-15
	non-dominant	13.3	2.6	10-21	9.8	2.3	6-17
75+	dominant	14.0	3.4	7-21	9.6	2.8	4-16
	non-dominant	13.9	3.7	8-25	9.3	2.4	4-13
ALL	dominant						
	non-dominant						

norms for adult PINCH strength (Key Pinch strength)
performance of all subjects (lbs)

age	hand	men		low-high	women		low-high
		mean	SD		mean	SD	
20-24	dominant	26.0	3.5	21-34	17.6	2.0	14-23
	non-dominant	24.8	3.4	19-31	16.2	2.1	13-23
25-29	dominant	26.7	4.9	19-41	17.7	2.1	14-22
	non-dominant	25.0	4.7	19-39	16.6	2.1	13-22
30-34	dominant	26.4	4.8	20-36	18.7	3.0	13-25
	non-dominant	26.2	5.1	17-36	17.8	3.6	12-26
35-39	dominant	26.1	3.2	21-32	16.6	2.0	12-21
	non-dominant	25.6	3.9	18-32	16.0	2.7	12-22
40-44	dominant	25.6	2.6	21-31	16.7	3.1	10-24
	non-dominant	25.1	4.0	19-31	15.8	3.1	8-22
45-49	dominant	25.8	3.9	19-35	17.6	3.2	13-24
	non-dominant	24.8	4.4	18-42	16.6	2.9	12-24
50-54	dominant	26.7	4.4	20-34	16.7	2.5	12-22
	non-dominant	26.1	4.2	20-37	16.1	2.7	12-22
55-59	dominant	24.2	4.2	18-34	15.7	2.5	11-21
	non-dominant	23.0	4.7	13-31	14.7	2.2	12-19
60-64	dominant	23.2	5.4	14-37	15.5	2.7	10-20
	non-dominant	22.2	4.1	16-33	14.1	2.5	10-19
65-69	dominant	23.4	3.9	17-32	15.0	2.6	10-21
	non-dominant	22.0	3.6	17-28	14.3	2.8	10-20
70-75	dominant	19.3	2.4	16-25	14.5	2.9	8-22
	non-dominant	19.2	3.0	13-28	13.8	3.0	9-22
75+	dominant	20.5	4.6	9-31	12.6	2.3	8-17
	non-dominant	19.1	3.0	13-24	11.4	2.6	7-16
ALL	dominant	24.5	4.6	9-41	16.2	3.0	8-25
	non-dominant	23.6	4.6	11-42	15.3	3.1	7-26

norms for adult PINCH strength (Palmar Pinch strength)
performance of all subjects (lbs)

age	hand	men		low-high	women		low-high
		mean	SD		mean	SD	
20-24	dominant	26.6	5.3	18-45	17.2	2.3	14-23
	non-dominant	25.7	5.8	15-42	16.3	2.8	11-24
25-29	dominant	26.0	4.3	19-35	17.7	3.2	13-29
	non-dominant	25.1	4.2	19-36	17.0	3.0	13-26
30-34	dominant	24.7	4.7	16-34	19.3	5.0	12-34
	non-dominant	25.4	5.7	15-37	18.1	4.8	12-32
35-39	dominant	26.2	4.1	19-36	17.5	4.2	13-29
	non-dominant	25.9	5.4	14-40	17.1	3.4	12-24
40-44	dominant	24.5	4.3	17-37	17.0	3.1	10-23
	non-dominant	24.8	4.9	15-37	16.6	3.5	14-25
45-49	dominant	24.0	3.3	19-33	17.9	3.0	12-27
	non-dominant	23.7	3.8	8-33	17.5	2.8	12-24
50-54	dominant	23.8	5.4	15-36	17.3	3.1	12-23
	non-dominant	24.0	5.8	16-36	16.4	2.9	12-22
55-59	dominant	23.7	4.8	16-34	16.0	3.1	11-26
	non-dominant	21.3	4.5	12-25	15.4	3.0	11-21
60-64	dominant	21.8	3.3	16-28	14.8	3.1	10-20
	non-dominant	21.2	3.2	15-27	14.3	2.7	10-20
65-69	dominant	21.4	3.0	15-25	14.2	3.1	8-20
	non-dominant	21.2	4.1	14-30	13.7	3.4	8-22
70-75	dominant	18.1	3.4	14-27	14.4	2.6	9-19
	non-dominant	18.8	3.3	13-27	14.0	1.9	10-17
75+	dominant	18.7	4.2	9-26	12.0	2.6	8-17
	non-dominant	18.3	3.8	10-26	11.5	2.6	6-16
ALL	dominant	23.4	5.0	9-45	16.3	3.8	8-34
	non-dominant	23.0	5.3	10-42	15.7	3.6	6-32

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6-piece plastic HiRes™ goniometer set



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digital hydraulic pinch gauge



mechanical pinch gauges



2-sided skinfold caliper



back-leg-chest dynamometer



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