



## CharitéCentrum für Innere Medizin und Dermatologie

### Hand Dynamometer Test

Patienten Etikett

männlich / weiblich

Rechtshänder / Linkshänder

| Uhrzeit | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---------|---|---|---|---|---|---|---|---|---|----|
|         |   |   |   |   |   |   |   |   |   |    |
|         |   |   |   |   |   |   |   |   |   |    |

- Unterarm auf den Tisch legen
  - Handtrainer in die Hand nehmen
  - 3 Sekunden maximal ziehen, danach 5 Sekunden Pause
- die Übungen 10 x wiederholen

Nach 1 Stunde die gesamte Messung wiederholen

#### ● APPENDIX: PHYSICAL STATUS ACCORDING TO THE TEST RESULT GIVEN BY THE DYNAMOMETER

| AGE   | MALE  |           |        | FEMALE |           |        |
|-------|-------|-----------|--------|--------|-----------|--------|
|       | Weak  | Normal    | Strong | Weak   | Normal    | Strong |
| 10—11 | <12.6 | 12.6—22.4 | >22.4  | <11.8  | 11.8—21.6 | >21.6  |
| 12—13 | <19.4 | 19.4—31.2 | >31.2  | <14.6  | 14.6—24.4 | >24.4  |
| 14—15 | <28.5 | 28.5—44.3 | >44.3  | <15.5  | 15.5—27.3 | >27.3  |
| 16—17 | <32.6 | 32.6—52.4 | >52.4  | <17.2  | 17.2—29.0 | >29.0  |
| 18—19 | <35.7 | 35.7—55.5 | >55.5  | <19.2  | 19.2—31.0 | >31.0  |
| 20—24 | <36.8 | 36.8—56.6 | >56.6  | <21.5  | 21.5—35.3 | >35.3  |
| 25—29 | <37.7 | 37.7—57.5 | >57.5  | <25.6  | 25.6—41.4 | >41.4  |
| 30—34 | <36.0 | 36.0—55.8 | >55.8  | <21.5  | 21.5—35.3 | >35.3  |
| 35—39 | <35.8 | 35.8—55.6 | >55.6  | <20.3  | 20.3—34.1 | >34.1  |
| 40—44 | <35.5 | 35.5—55.3 | >55.3  | <18.9  | 18.9—32.7 | >32.7  |
| 45—49 | <34.7 | 34.7—54.5 | >54.5  | <18.6  | 18.6—32.4 | >32.4  |
| 50—54 | <32.9 | 32.9—50.7 | >50.7  | <18.1  | 18.1—31.9 | >31.9  |
| 55—59 | <30.7 | 30.7—48.5 | >48.5  | <17.7  | 17.7—31.5 | >31.5  |
| 60—64 | <30.2 | 30.2—48.0 | >48.0  | <17.2  | 17.2—31.0 | >31.0  |
| 65—69 | <28.2 | 28.2—44.0 | >44.0  | <15.4  | 15.4—27.2 | >27.2  |
| 70—99 | <21.3 | 21.3—35.1 | >35.1  | <14.7  | 14.7—24.5 | >24.5  |