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hydraulic-hand-dynamometer



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Price
459,99 €

459,99 €

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Normative Grip Strength Data ¹⁰

Age	Hand	Males		Females	
		Mean	SD	Mean	SD
6-7	R	32.5	4.8	28.4	4.4
	L	30.7	5.4	27.1	4.4
8-9	R	41.9	7.4	35.5	6.5
	L	39.0	8.5	33.0	6.9
10-11	R	53.0	8.7	40.7	8.1
	L	48.4	10.8	40.2	8.8
12-13	R	58.7	15.5	46.8	10.0
	L	55.4	16.8	46.8	11.0
14-15	R	77.3	15.4	58.1	12.5
	L	64.4	14.9	49.5	11.9
16-17	R	94.0	19.4	67.5	16.5
	L	78.5	19.1	56.9	14.0
18-19	R	108.0	24.0	71.0	12.5
	L	93.0	27.8	61.7	15.5
20-24	R	121.0	29.0	79.4	14.5
	L	104.0	31.8	61.8	15.1
25-29	R	120.8	23.0	74.5	13.9
	L	110.0	16.0	65.5	10.2
30-34	R	121.8	22.4	78.7	19.2
	L	110.4	21.2	68.6	17.7
35-39	R	115.7	24.0	74.1	16.8
	L	112.9	21.7	66.3	11.7
40-44	R	116.8	28.7	78.4	15.5
	L	112.8	18.7	62.5	13.8
45-49	R	109.9	25.0	62.2	10.1
	L	109.8	22.8	56.8	12.7
50-54	R	113.0	18.1	60.8	11.0
	L	101.9	17.0	57.5	10.7
55-59	R	101.3	26.7	57.5	12.5
	L	83.2	23.4	47.5	11.9
60-64	R	85.7	20.4	55.1	10.1
	L	78.8	20.5	45.7	10.1
65-69	R	81.1	20.6	49.6	8.7
	L	78.8	19.8	41.0	8.2
70-74	R	75.0	21.5	40.6	11.7
	L	64.8	18.1	41.5	10.2
75+	R	65.7	21.0	42.0	11.0
	L	55.0	17.0	37.0	8.0