



Dynamometer Grip Strength Testing

May 11th - 15th
FIT@PRC 6am-7pm

This is a walk up event. No appointment necessary.

GRIP STRENGTH FOR WOMEN (LB)

Age	Top 10%	Top 25%	Good (60-74%)	Fair (25-49%)	Lowest 25%
20	>80.0	71.3 → 79.9	62.3 → 71.2	53.7 → 62.2	< 53.6
30	>85.3	75.7 → 85.2	67.4 → 75.6	58.9 → 67.3	< 58.8
40	> 85.0	76.0 → 84.9	67.7 → 75.9	59.2 → 67.6	< 59.1
50	> 80.5	71.8 → 80.4	63.2 → 71.7	55.1 → 63.1	< 55.0
60	>73.8	67.0 → 73.7	58.4 → 66.9	49.1 → 58.3	< 49.0
70	>66.9	58.6 → 66.8	51.9 → 58.5	43.6 → 51.8	< 43.5
80	>56.6	49.6 → 56.5	40.8 → 49.5	34.3 → 40.7	< 34.2
90	>44.1	37.5 → 44.0	30.9 → 37.4	24.3 → 30.8	< 24.2

Sources: Dodds, Syddall et al 2014, Landi, Calvani et al 2020, McGrath, Hackney et al 2019
Scores are a weighted average between the above studies (45,822 total female participants).
Only 702 female participants age 90+.

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GRIP STRENGTH FOR MEN (LB)

Age	Top 10%	Top 25%	Good (60-74%)	Fair (25-49%)	Lowest 25%
20	>118.2	104.9 → 118.1	91.9 → 104.8	80.0 → 91.8	< 79.9
30	>138.9	125.7 → 138.8	111.3 → 125.6	96.5 → 111.2	< 96.4
40	>136.4	123.5 → 136.3	109.3 → 123.4	96.8 → 109.2	< 96.7
50	>129.8	117.2 → 129.7	104.5 → 117.1	90.8 → 104.4	< 90.7
60	>122.1	110.3 → 122.0	97.4 → 110.2	85.2 → 97.3	< 85.1
70	>107.2	96.2 → 107.1	85.0 → 96.1	74.9 → 84.9	< 74.8
80	> 91.6	80.3 → 91.5	69.6 → 80.2	58.2 → 69.5	< 58.1
90	>72.8	63.9 → 72.7	55.1 → 63.8	44.1 → 55.0	< 44.0

*Sources: Dodds, Syddall et al 2014, Landi, Calvani et al 2020, McGrath, Hackney et al 2019
Scores are a weighted average between the above studies (59,929 male participants).
Only 431 male participants age 90+.

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Hand grip strength is important!

There are studies showing the strength of your grip is a reflection of how much muscle mass you have and even says something about your overall health. Physical therapists measure grip strength using a hand-held dynamometer.

