

Name:

Elbow

Muscle Strength Testing Results



	Position	HHD placement	L	R	Normal	% BW	# of tests
Extension	90* flexion	Dorsal wrist			28.9 Lb 13.1 Kg	20.2	2575
Flexion	90* flexion	Palmar wrist			39.2 Lb 17.8 Kg	26.3	2725

References

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Douma, R. K. W., Soer, R., Krijnen, W. P., Reneman, M., & van der Schans, C. P. (2014). Reference values for isometric muscle force among workers for the Netherlands: A comparison of reference values. *BMC Sports Science, Medicine and Rehabilitation*, 6(1). <https://doi.org/10.1186/2052-1847-6-10>

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Full reference list at PeakForceSystems.com/education