

Normative data

Blood pressure

Source: American Heart Association

Blood pressure category	Systolic mm Hg (upper number)		Diastolic mm HG (lower number)
Normal	less than 120	&	less than 80
Elevated	120-129	&	less than 80
High blood pressure (hypertension) Stage 1	130-139	&	80-89
High blood pressure (hypertension) Stage 2	140 or higher	&	90 or higher
Hypertensive crisis (consult your doctor immediately)	180	&	higher than 120

Balance

Source: Balance Metrix

Postural sway score (in standing)	
Normal	0-0.30
Medium	0.31-1.00
High	>1.01

Interpretation

A low score indicates very little postural sway and great balance

Medium to higher scores indicate greater postural sway and poorer balance, which may lead to higher risk of falls.

Normative data

Sit to stand - Men

Source: Rikli and Jones

Men			
age group	below average	average	above average
60-64	<14	14-19	>19
65-69	<12	12-18	>18
70-74	<12	12-17	>17
75-79	<11	11-17	>17
80-84	<10	10-15	>15
85-89	<8	8-14	>14
90-94	<7	7-12	>12

Normative data

Sit to stand - Women

Source: Rikli and Jones

Women			
age group	below average	average	above average
60-64	<12	12-17	>17
65-69	<11	11-16	>16
70-74	<10	10-15	>15
75-79	<10	10-15	>15
80-84	<9	9-14	>14
85-89	<8	8-13	>13
90-94	<4	4-11	>11

Grip strength

		Males		Females	
Age	Hand	Mean (KGs)	SD	Mean (KGs)	SD
18-34	Dominant	47	8.1	28.1	7.1
	Non-dominant	44.9	7.8	26.6	6.4
25-29	Dominant	49.7	11.6	29.6	7
	Non-dominant	46.5	9.6	27.9	6.6
30-34	Dominant	46.5	12.1	28.9	6.2
	Non-dominant	45.8	11.3	27.7	5.9
35-39	Dominant	47.1	11.9	29.2	6.2
	Non-dominant	45.5	11	28	6
40-44	Dominant	46.7	11.7	29.9	6.2
	Non-dominant	44.9	11.7	28.9	6.4
45-49	Dominant	42.8	10.9	28.8	7.2
	Non-dominant	41.2	10	27.4	7
50-54	Dominant	44	10	28.2	6.3
	Non-dominant	42.3	10.6	26.5	6.5
55-59	Dominant	40.7	10.4	25.1	6.2
	Non-dominant	38.5	9.6	23.6	6.4
60-64	Dominant	38.4	10.3	23.6	6.5
	Non-dominant	37.2	9.1	22.9	6.3
65-69	Dominant	36.8	10.5	22.1	6.6
	Non-dominant	35.4	10.3	21	6.6
70-74	Dominant	34.7	9	21.5	5.1
	Non-dominant	34	9.5	20.2	5.5
75-79	Dominant	32.7	10.1	19.6	6
	Non-dominant	30.3	9.9	18.7	5.8
80-85	Dominant	28.1	9.1	19.9	4.4
	Non-dominant	27.1	9.4	19.4	4

source: Wang et al. (2018)