

GRIP AND PINCH STRENGTH NORMS 3-5 YEAR OLDS

(Lee-Valkov 2003)

GRIP STRENGTH				
Age	Hand	Mean	SD	Range
3	R	6.53	2.70	3.8-9.2
	L	6.13	3.96	2.2-10.1
4	R	7.83	2.53	5.3-10.4
	L	7.63	2.69	4.9-10.3
5	R	10.75	3.40	7.4-14.2
	L	10.02	3.79	6.2-13.8

KEY PINCH				
Age	Hand	Mean	SD	Range
3	R	5.13	1.49	3.6-6.6
	L	5.07	1.24	3.8-6.3
4	R	5.83	1.39	4.4-7.2
	L	5.67	1.39	4.3-7.1
5	R	7.29	2.04	5.3-9.3
	L	7.34	2.24	5.1-9.6

TRIPOD PINCH				
Age	Hand	Mean	SD	Range
3	R	4.30	0.75	3.6-5.1
	L	4.17	1.14	3.0-5.3
4	R	4.96	1.57	3.4-6.5
	L	4.78	1.19	3.6-6.0
5	R	5.72	1.59	4.1-7.3
	L	5.42	1.51	3.9-6.9