Pinch Grip Test

Pinch Grip Test

Date

Client's Name

Physician's Name

Age

Sex

LATERAL PINCH or KEY PINCH

Instructions: Place the patient in a seated or upright position. Have the elbow of the arm they're testing flexed at 90 degrees to the side. Have their palm face inward. Stay in front of the patient, to the side, and position the gauge between the flexed PIP joint of the index finger and thumb. To test, have them pinch as hard as possible, hold it, and then release it. Have them do this test thrice per side, pausing for 15 seconds between tests. To obtain a score, gather the average of the tests per side.

Dominant Side

Dominant Test 1

Dominant Test 2

Dominant Test 3

Dominant Average

Non-Dominant Side

Non-Dominant Test 1

Non-Dominant Test 2

Non-Dominant Test 3

Non-Dominant Average

Notes (Lateral Pinch)

THREE-JAW CHUCK PINCH OR THREE-POINT PINCH

Instructions: Place the patient in a seated or upright position. Have the elbow of the arm they're testing flexed at 90 degrees to the side. Have their palm face down. Stay in front of the patient, to the side, and position the gauge between the thumb, index finger, and middle fingers. To test, have them pinch as hard as possible, hold it, and then release it. Have them do this test thrice per side, pausing for 15 seconds between tests. To obtain a score, gather the average of the tests per side.

Three-Point Dominant Side

Three-Point Dominant Test 1

Three-Point Dominant Test 2

Three-Point Dominant Test 3

Three-Point Dominant Average

Three-Point Non-Dominant Side

Three-Point Non-Dominant Test 1

Three-Point Non-Dominant Test 2

Three-Point Non-Dominant Test 3

Three-Point Non-Dominant Average

Notes (Three-Point Pinch)

TIP-TO-TIP PINCH OR TWO-POINT PINCH

Instructions: Place the patient in a seated or upright position. Have the elbow of the arm they're testing flexed at 90 degrees to the side. Have their palm face down and the test finger on the button. Stay in front of the patient, to the side, and position the gauge between the thumb and test finger. To test, have them pinch as hard as possible, hold it, and then release it. Have them do this test thrice per side, pausing for 15 seconds between tests. To obtain a score, gather the average of the tests per side.

Two-Point Dominant Side

Two-Point Dominant Test 1

Two-Point Dominant Test 2

Two-Point Dominant Test 3

Two-Point Dominant Average

Two-Point Non-Dominant Side

Two-Point Non-Dominant Test 1

Two-Point Non-Dominant Test 2

Two-Point Non-Dominant Test 3

Two-Point Non-Dominant Average

Notes (Two-Point Pinch)