

GRIPABLE

SERIOUS. FUN. REHAB.

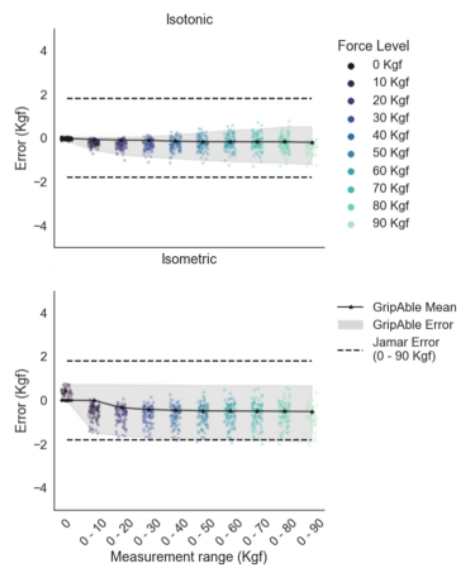
GUIDE TO GRIPABLE GRIP STRENGTH ASSESSMENTS

SUMMARY

GripAble offers five different grip strength assessments:

- Single Maximum Grip Test
- Multi-position Grip Test
- Sustained Grip Test
- Endurance Grip Test
- Rapid Exchange Test

The accuracy of GripAble as a device to measure grip strength has been tested in an engineering laboratory. In isotonic mode the error is minimal (up to 1 Kg though range) and in isometric mode can under-represent up to 2 Kg. See the detail below.

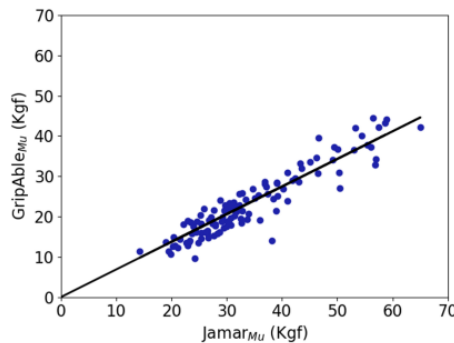


A new Jamar will have up to 2 Kg error.

When dropped from 1.5m onto a hard floor repeatedly, measurement remains accurate with minimal change in error (less than 1 Kg in isotonic drops).

The sensitivity of GripAble is second to none with a mean sensitivity of 60g on tested devices.

Correlation with the Jamar dynamometer is impressive, making GripAble a reliable and valid tool for measuring grip strength.



As you can see, the results are not the same, with 0.7 Kg on GripAble = 1.0 Kg on the Jamar.

Normative data for the UK is being developed currently.

Grip Tests

All the grip tests have been built with reference to best practise from the evidence base. They aim to reduce user bias and variability of application by the clinician.

Ensure the client is registered on the GripAble platform to ensure retention of the results. Results are collated into easy reports to be added to patient notes.

Single Maximum Grip Test

This test offers options for 1—3 repetitions and assessment of both hands for comparison. Mean, standard deviation and a percentage comparison is given. This is the most commonly used test in clinical practice.

The Quick Grip Test also measures single maximum grip test but does not retain the results.

Multi-Position Grip Test

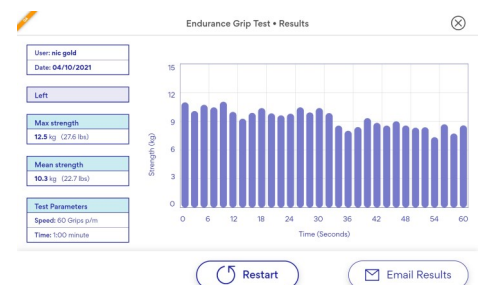
This test compares maximum grip in neutral and end of range pronation and supination. The results are then compared as per the GRIT test. Left, right or both hands can be tested.

Endurance Grip Test

This test investigates the ability to repeatedly grip and release over a period of time (1 to 5 minutes). The clinician can decide whether to request maximum or sub-maximal effort. There are three options re beats per minute. 60 is the most commonly used.

Sustained Grip Test

This test gives the visibility of a longer sustained single grip. The test can be 5 to 10 seconds.



Rapid Exchange Test

This is the classic RET with 10 repetitions on each hand. The clinician can choose the starting hand. Reliability will be enhanced owing to the standardised application of the test



For more information,
Please get in touch!
Contact details below