Participant ID:

{pid}

Date of Visit:

{d_form}

Acrostic:

{acrostic}

Administered By:

{compby}

Visit Code:

{visit_code}

Barcode:

{barcode}

Grip Strength

1. **Has any pain or arthritis in your hands gotten much worse recently?**   {pain}

    ()
    (1)   Yes
    (2)   No

      If yes, which hand?   {wch_hnd}

    ()
    (1)   Right
    (2)   Left
    (3)   Both Right and Left - STOP

2. **Have you had any surgery on your hands or wrists in the past three months?**

{hand_srg}

()
(1)   Yes
(2)   No

If yes, which hand?

{wchhndsrg}

()
(1)   Right
(2)   Left
(3)   Both Right and Left - STOP

3. **Are you right or left-handed?**

{handed}

()
(1)   Right
(2)   Left
(3)   Do not know

<u>Script:</u> "I'd like you to take your right/left arm, rest it on the table, and bend your elbow. Grip the two bars in your hand, like this. You need to slowly squeeze the bars as hard as you can."

Hand the dynamometer to the participant. Adjust if needed.

<u>Script:</u> "Now try it once just to get a feel for it. For htis practice, just squeeze gently. It won't feel like the bars are moving, but your strength will be recorded. Are the bars the right distance apart for a comfortable grip?"

Show dial to participant.

Dynamometer setting:

{dynset}

()
(1)   Small
(2)   Medium
(3)   Large
(4)   X-Large
(5)   XX-Large

Instructions:

Record all scores as EVEN numbers to the nearst 2 kg.

For each hand, if trial 1 and 2 are not within 4 kg, do a third trial and record the two closest trials.

RIGHT HAND

<u>Script:</u> **"We'll do this twice for each hand. This time it counts, so when I say Squeeze, squeeze as hard as you can. Ready? Squeeze! Squeeze! Squeeze! Now, STOP."**

Right Hand Trial 1:

{gp_st_r1}{notst_r1}

()
(1)　　Unable to test/exclusion
(-7)　　Refused

kg

(Examiner Note: Wait 10 seconds before second trial)

<u>Script:</u> **"Now one more time with the right hand. Squeeze as hard as you can. Ready? Squeeze! Squeeze! Squeeze! Now, STOP!"**

Right Hand Trial 2

{gp_st_r2}{notst_r2}

()
(1)　　Unable to test/exclusion
(-7)　　Refused

kg

LEFT HAND

<u>Script:</u> **"Now, we'll do the left hand. When I say Squeeze, squeeze as hard as you can. Ready? Squeeze! Squeeze! Squeeze! Now, STOP."**

Left Hand Trial 1:

{gp_st_lft1}{notst_lft1}

()
(1)　　Unable to test/exclusion
(-7)　　Refused

kg

Left Hand Trial 2:

{gp_st_lft2}{notst_lft2}

()
(1)　　Unable to test/exclusion
(-7)　　Refused

kg

Grip strength

1. Has any pain or arthritis in your hands gotten much worse recently? ☐ Yes ☐ No

   Which hand?

   ☐ Right ➔ *Do not test right hand*

   ☐ Left ➔ *Do not test left hand*

   ☐ Both Right and Left ➔ *Do not test either hand*

2. Have you had any surgery on your hands or wrists in the past three months? ☐ Yes ☐ No

   Which hand?

   ☐ Right ➔ *Do not test right hand*

   ☐ Left ➔ *Do not test left hand*

   ☐ Both Right and Left ➔ *Do not test either hand*

3. Are you right or left-handed?

   ☐ Right

   ☐ Left

   ☐ Do not know

Script: "I'd like you to take your right/left arm, rest it on the table, and bend your elbow. Grip the two bars in your hand, like this. You need to slowly squeeze the bars as hard as you can."

Hand the dynamometer to the participant. Adjust if needed.

Script: "Now try it once just to get a feel for it. For this practice, just squeeze gently. It won't feel like the bars are moving, but your strength will be recorded. Are the bars the right distance apart for a comfortable grip?"

Show dial to participant.

Dynamometer setting: ☐ Small ☐ Medium ☐ Large ☐ X-Large ☐ XX-Large

Instructions:

Record all scores as EVEN numbers to the nearest 2 kg.

For each hand, if trial 1 and 2 are not within 4 kg, do a third trial and record the two closest trials.

RIGHT HAND

Script: "We'll do this twice for each hand. This time it counts, so when I say Squeeze, squeeze as hard as you can. Ready? Squeeze! Squeeze! Squeeze! Now, STOP."

Right Hand Trial 1: ☐☐ kg

☐ Unable to test/exclusion

☐ Refused

(Examiner Note: Wait 10 seconds before second trial.)

Script: "Now, one more time with the right hand. Squeeze as hard as you can. Ready? Squeeze! Squeeze! Squeeze! Now, STOP."

Right Hand Trial 2: ☐☐ kg

☐ Unable to test/exclusion

☐ Refused

LEFT HAND

Script: "Now we'll do the left hand. When I say Squeeze, squeeze as hard as you can. Ready? Squeeze! Squeeze! Squeeze! Now, STOP."

Left Hand Trial 1: ☐☐ kg

☐ Unable to test/exclusion

☐ Refused

(Examiner Note: Wait 10 seconds before second trial.)

Script: "Now, one more time with the left hand. Squeeze as hard as you can. Ready? Squeeze! Squeeze! Squeeze! Now, STOP."

Left Hand Trial 2: ☐☐ kg

☐ Unable to test/exclusion

☐ Refused