

GRIPABLE NORMATIVE GRIP STRENGTH DATA¹

FEMALE GRIP STRENGTH (KG)										
		Percentiles								
Age	Hand	Mean	SD	5%	10%	25%	50%	75%	90%	95%
18-19	L	15.75	3.48	11.04	11.60	12.98	15.84	17.83	19.89	20.58
	R	17.30	4.40	12.32	13.54	14.90	15.76	20.03	23.56	24.78
20-24	L	16.21	3.83	10.73	11.40	14.00	16.62	18.23	21.28	22.33
	R	17.85	4.88	11.63	12.01	13.70	16.88	21.93	24.99	25.64
25-29	L	16.23	4.68	10.35	10.56	12.60	15.85	18.96	21.46	24.23
	R	17.92	4.95	11.11	11.50	14.12	16.91	21.80	23.99	25.92
30-34	L	18.62	3.29	13.22	14.19	16.43	19.08	20.70	22.87	24.23
	R	20.47	3.99	13.84	14.71	18.48	20.16	22.78	25.99	26.76
35-39	L	18.02	3.76	11.28	11.82	15.65	17.90	20.54	22.31	23.45
	R	19.51	5.02	11.61	12.62	17.36	19.85	21.90	24.88	28.64
40-44	L	17.44	4.33	10.54	12.12	14.70	18.20	20.60	21.39	22.74
	R	19.04	4.39	13.08	13.76	16.48	18.89	21.88	24.58	25.45
45-49	L	19.48	5.98	11.47	13.73	16.08	19.60	22.03	24.46	26.76
	R	20.44	6.13	11.66	13.50	15.95	20.36	24.12	26.36	28.24
50-54	L	17.10	4.29	11.08	12.37	14.39	16.56	19.54	22.57	23.54
	R	17.95	4.42	11.83	12.47	14.77	18.13	21.23	23.65	24.49
55-59	L	15.46	3.70	9.53	11.41	12.74	15.98	18.08	20.01	20.30
	R	17.28	4.49	11.34	12.34	14.57	16.55	19.02	23.11	24.77
60-64	L	16.03	3.80	10.46	11.57	13.31	15.87	19.39	21.02	21.32
	R	17.68	3.73	11.30	12.88	15.60	17.37	20.06	22.44	23.50
65-69	L	13.54	2.67	9.60	10.88	12.17	12.81	15.62	16.78	17.76
	R	14.75	2.35	11.35	12.13	13.12	14.59	16.63	17.64	18.17
70-74	L	12.10	4.73	3.82	5.38	9.22	13.09	14.80	16.93	19.72
	R	13.05	5.01	2.98	7.47	10.88	13.85	15.38	19.27	19.75
75+	L	10.82	3.53	5.94	6.84	8.39	10.72	12.23	14.95	17.07
	R	12.09	3.56	6.53	7.77	10.16	11.53	13.97	16.86	18.03

MALE GRIP STRENGTH (KG)										
		Percentiles								
Age	Hand	Mean	SD	5%	10%	25%	50%	75%	90%	95%
18-19	L	25.57	7.57	15.78	16.45	18.93	25.25	32.19	35.20	36.02
	R	27.00	8.30	15.70	17.54	20.54	26.11	34.95	36.50	37.30
20-24	L	27.02	6.52	15.05	21.49	23.41	26.46	29.90	36.81	38.93
	R	29.23	7.12	18.15	22.05	25.43	28.60	31.83	39.08	41.89
25-29	L	27.84	6.05	19.33	21.23	23.74	27.37	31.27	35.58	38.87
	R	30.25	7.33	20.07	21.24	23.75	29.74	35.57	39.67	41.74
30-34	L	30.40	6.02	20.57	22.23	25.83	30.37	35.36	37.28	38.56
	R	32.86	6.48	22.84	25.61	27.99	32.97	37.87	40.42	41.72
35-39	L	32.51	5.76	25.87	26.97	28.93	32.34	35.57	39.98	42.20
	R	34.81	6.50	25.64	27.53	30.44	35.01	37.80	44.21	46.21
40-44	L	32.39	6.00	23.41	24.56	27.34	32.94	36.81	39.70	41.77
	R	34.59	6.87	25.53	27.06	28.93	33.92	38.97	45.12	46.21
45-49	L	30.10	7.86	17.24	18.90	25.06	30.90	35.77	38.30	39.62
	R	31.55	8.57	16.11	22.34	25.62	33.38	36.81	42.09	43.72
50-54	L	31.40	5.29	25.41	25.64	27.40	30.74	33.16	37.15	42.13
	R	33.85	6.70	25.69	27.15	29.65	33.55	36.21	40.64	49.98
55-59	L	28.42	6.96	16.92	20.02	25.46	28.26	30.58	36.91	40.65
	R	31.08	8.42	18.39	20.69	25.70	31.00	34.39	38.99	47.50
60-64	L	26.74	5.99	18.39	19.92	22.84	25.83	30.55	34.19	35.85
	R	28.19	6.96	19.62	20.46	23.04	27.50	31.39	35.88	41.22
65-69	L	25.37	5.43	17.43	18.07	20.26	25.92	28.52	31.95	33.73
	R	27.76	6.17	18.58	19.68	23.00	28.69	30.89	35.51	35.80
70-74	L	23.35	5.95	13.46	14.41	19.24	23.36	27.81	30.31	31.37
	R	24.99	6.15	15.44	17.15	21.04	24.60	28.27	33.21	33.65
75+	L	19.19	6.48	9.80	10.93	13.58	19.86	24.36	27.11	28.14
	R	21.34	6.46	11.68	14.60	16.10	20.38	26.37	29.24	29.91

[1] Sharah Abdul Mutalib, Deepika Sharma, Sonia Pike, Liz Gwynne, Samantha Hyde, Jenn Morehouse, Helen Davey, Lauren Edwards, Pedro Douglass-Kirk, Etienne Burdet, Nicola Goldsmith, and Michael Mace. Interrater Reliability and Normative Grip Strength of UK Population Using GripAble. 2023. (under review)