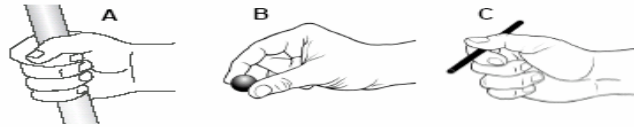


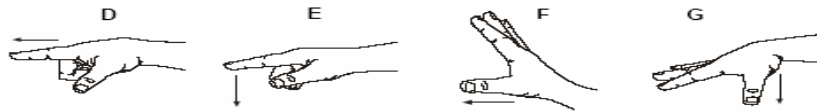
## Grip and Hand Strength

The following guidelines provide criteria for various grasps and hand motions. The values assume neutral postures and easy to grip surfaces. Note the following definitions:

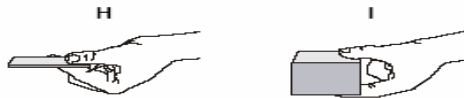
- Infrequent – less than 2 times per minute
- Repetitive – 2 or more times per minute



Grip and Hand Strength Measures (Gripping)



Grip and Hand Strength Measures (Finger and Thumb Pushing)



Grip and Hand Strength Measures (Pinch-Pull)

Criteria	Dimension	Description
<b>A. Power Grip</b> Infrequent Repetitive	Max. 20 lb Max. 4 lb	Grasp with full hand, typically with thumb overlapping the first finger.
<b>B. Pinch Grip</b> Infrequent Repetitive	Max. 9 lb Max. 2 lb	Grasp with finger tips only, typically with fingers and thumb not touching.
<b>C. Key Grip</b> Infrequent Repetitive	Max. 10 lb Max. 2 lb	Grasp with thumb and side of the first finger.
<b>D. Push forward with Index Finger</b> Infrequent Repetitive	Max. 15 lb Max. 3 lb	Push forward with pad of index finger.
<b>E. Push down with Index Finger</b> Infrequent Repetitive	Max. 15 lb Max. 3 lb	Push down with pad of index finger.
<b>F. Push Forward with Thumb</b> Infrequent Repetitive	Max. 21 lb Max. 4 lb	Push forward with pad of thumb.
<b>G. Push Down with Thumb</b> Infrequent Repetitive	Max. 10 lb Max. 2 lb	Push down with pad of thumb.
<b>H. Pull with Pinch Grip 0.1"</b> Infrequent Repetitive	Max. 10 lb Max. 2 lb	Pull toward body with pinch grip using thumb and index finger.
<b>I. Pull with Pinch Grip 1.6"</b> Infrequent Repetitive	Max. 13 lb Max. 2.5 lb	Pull toward body with pinch grip using thumb and index finger.