

BASELINE[®] EVALUATION INSTRUMENTS

8-Piece Hand Evaluation Set

Instruction Manual

REF

12-0128 **Standard** Kit

12-0126 **LITE**[®] Kit

12-0127 **HD**[®] Kit



LITE[®] Kit
(12-0126)



FEI
FABRICATION
ENTERPRISES INC.

Manufacturer and Master
Distributor of Physical
Therapy and Rehabilitation
Products

BASELINE[®] EVALUATION INSTRUMENTS

8-piece hand evaluation set

1
year
warranty

LITE[®] Kit Includes (12-0126)

- (1) LITE[®] Hydraulic Hand Dynamometer (12-0241)
- (1) LITE[®] Hydraulic Pinch Gauge (12-0226)
- (1) Stainless Steel Finger Goniometer, 6" (12-1010)
- (1) Finger Circumference Gauge, 6" (12-1222)
- (1) Plastic HiRes™ 180 Degree Goniometer, 6" (12-1005HR)
- (1) Measurement Tape, 60" (12-1210)
- (1) 5 Piece Tactile Monofilament Hand Set (12-1662)
- (1) Discrim-A-Gon[®] 2-Point Discriminator Set (12-1492)
- (1) Protective Carrying Case



2
year
warranty

Standard Kit Includes (12-0128)

- (1) Standard Hydraulic Hand Dynamometer (12-0240)
- (1) Standard Hydraulic Pinch Gauge (12-0235)
- (1) Stainless Steel Finger Goniometer, 6" (12-1010)
- (1) Finger Circumference Gauge, 6" (12-1222)
- (1) Plastic HiRes™ 180 Degree Goniometer, 6" (12-1005HR)
- (1) Measurement Tape, 60" (12-1210)
- (1) 5 Piece Tactile Monofilament Hand Set (12-1662)
- (1) Discrim-A-Gon[®] 2-Point Discriminator Set (12-1492)
- (1) Protective Carrying Case



5
year
warranty

HD[®] Kit Includes (12-0127)

- (1) HD[®] Hydraulic Hand Dynamometer (12-0221)
- (1) HD[®] Hydraulic Pinch Gauge (12-0222)
- (1) Stainless Steel Finger Goniometer, 6" (12-1010)
- (1) Finger Circumference Gauge, 6" (12-1222)
- (1) Plastic HiRes™ 180 Degree Goniometer, 6" (12-1005HR)
- (1) Measurement Tape, 60" (12-1210)
- (1) 5 Piece Tactile Monofilament Hand Set (12-1662)
- (1) Discrim-A-Gon[®] 2-Point Discriminator Set (12-1492)
- (1) Protective Carrying Case



8-piece hand evaluation set

Hydraulic Hand Dynamometer

The hand dynamometer can be used to measure grip strength. It is calibrated in pounds and kilograms of force.

The grip handle is adjustable to accommodate various hand sizes. Always use the same grip setting and dynamometer when evaluating a specific subject for hand trauma or disease.

Set the handle to the desired position. Have the subject hold the dynamometer in a comfortable position. The shoulder should be adducted and neutrally rotated, the elbow flexed to 90 degrees, and the forearm and wrist should be in a neutral position. Have the subject squeeze the handle using his/her maximum effort.

The red maximum pointer will remain at the subject's maximum reading until it is reset. The red maximum pointer must be reset before each grip test. Rotate the small knurled knob on top of the dial indicator in a counterclockwise direction until it rests against the black pointer at the zero marking. Each grip test should be repeated three times and the average result should be used.

Grip strength varies depending upon the size of the object being grasped. The adjustable handle allows for quantification of grip strength for different sized objects.

To determine whether a subject is exerting maximum effort use the following protocol:

- Take readings with adjustable handle in all five positions
- Test the normal hand and then the injured hand
- Repeat the test after five minutes

If maximum effort was exerted there should be approximately a 10% variation in the two sets of test results.



Standard Hydraulic
Hand Dynamometer
(12-0240)

Hydraulic Pinch Gauge

The finger pinch gauge can be used to measure pinch strength. It is calibrated in pounds and kilograms of force.

Apply pinch force at the pinch groove while holding the pinch gauge between your thumb and finger(s). When force is applied farther toward the tip the reading will be slightly higher. When force is applied farther toward the rear the reading will be slightly lower.

The gauge must be "zeroed" before each pinch test. Grasp the knurled ring of the dial indicator and rotate it until the zero on the dial indicator is directly under the black pointer.

The red maximum pointer must be reset before each pinch test. Rotate the small knurled knob on top of the dial indicator in a counterclockwise direction until it rests against the black pointer at the zero marking. The red maximum pointer will remain at the subject's maximum reading until it is reset.

Use the pinch gauge to perform the three basic pinch tests:

- **Tip Pinch** - thumb tip to index fingertip
- **Key Pinch** - thumb pad to lateral aspect of middle phalanx of index finger
- **Palmar Pinch** - thumb pad to pads of the index and middle fingers



LITE[®] Hydraulic
Pinch Gauge
(12-0226)

8-piece hand evaluation set

Finger Goniometer

The finger goniometer can be used to measure active or passive joint range of motion (ROM). It measures joint flexion and hyper-extension. It is calibrated in degrees.

Align the fulcrum of the goniometer with the anatomical fulcrum of the joint being measured. Place the flat arm of goniometer that is attached to the dial indicator on the center of the limb (or extremity) to be measured. Hold both arms of the goniometer and move the joint through its entire range-of-motion (this can be done actively by the subject or passively by the examiner). The range of motion can be read directly from the dial indicator

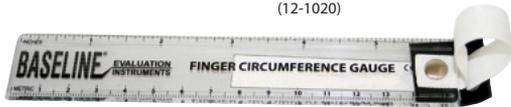


Stainless Steel Finger
Goniometer, 6"
(12-1010)

Finger circumference gauge

The finger circumference gauge can be used to measure finger diameter and/or swelling associated with edema. It is calibrated in inches and centimeters.

Wrap the webbing around the finger to be evaluated. Thread the webbing through the eyelet on the ruler. Pull the webbing taut and read the finger circumference measurement directly from the ruler.



finger circumference gauge
(12-1020)

Plastic HiRes™ 180 Degree Goniometer

This transparent plastic goniometer permits observation of a joint's axis of motion and its range of motion. The unique design adds a white line behind the measurement gradations to make the readings even easier to read. The primary purpose of this device is to assist in physical therapy by determining

range of motion of a joint as well as evaluating and gauging recovery after surgery or physical therapy. The 180° head has three scales calibrated to be used with the ISOM (International Standards of Measurement, STFR) system. This is an essential tool for treatment, rehab and surgical recovery and evaluation. Suitable for home use as well as multi-user environments.

The goniometer arms measure 6". This goniometer lets you measure joint limits and range-of-motion as well as check extension, flexion, abduction, adduction and rotation. The arms have a linear scale in both inches and centimeters. They also will remain at the last measurement position until reset. The 180° angle scale reads 1° increments. The clear plastic of the goniometer allows the device to be placed directly and exactly on a joint or limb for easy observation.



Plastic HiRes™ 180
Degree Goniometer, 6"
(12-1005HR)

BASELINE[®] EVALUATION INSTRUMENTS

8-piece hand evaluation set

Measurement Tape

Measurement tape is housed in protective plastic casing for easy opening and retracting. Woven fabric measurement tape is calibrated in inches and centimeters. Measurement tape has push button retractor.



Tactile Monofilament - 5-piece Set - Hand - 2.83, 3.61, 4.31, 4.56, 6.65 gram

The Baseline[®] tactile monofilament evaluator is used to measure cutaneous sensory perception threshold. Each monofilament represents a unique amount of force and has a fitted protective case enables safe storage and transport.



Discrim-A-Gon[®] 2-Point Discriminator Set

Discrim-A-Gon[®] 2-point discriminator set includes two discriminator octagons (wheels). Each octagon measures a different range of 8 labeled, fixed 2-point intervals ranging from 1 mm to 25 mm. The easy-to-use, lightweight plastic wheel is the perfect sensory evaluation tool to test static and dynamic 1 and 2-point discrimination.



norms for adult GRIP strength performance of all subjects (lbs)

age	hand	men			women		
		mean	SD	low-high	mean	SD	low-high
20-24	dominant	121.0	20.6	91-167	70.4	14.5	46-95
	non-dominant	104.5	21.8	71-150	61.0	13.1	33-88
25-29	dominant	120.8	23.0	78-158	74.5	13.9	48-97
	non-dominant	110.5	16.2	77-139	63.5	12.2	48-97
30-34	dominant	121.8	22.4	70-170	78.7	19.2	46-137
	non-dominant	110.4	21.7	64-145	68.0	17.7	36-115
35-39	dominant	119.7	24.0	76-176	74.1	10.8	50-99
	non-dominant	112.9	21.7	73-157	66.3	11.7	49-91
40-44	dominant	116.8	20.7	84-165	70.4	13.5	38-103
	non-dominant	112.8	18.7	73-157	62.3	13.8	35-94
45-49	dominant	109.9	23.0	65-155	62.2	15.1	39-100
	non-dominant	100.8	22.8	58-160	56.0	12.7	37-83
50-54	dominant	113.6	18.1	79-151	65.8	11.6	38-87
	non-dominant	101.9	17.0	70-143	57.3	10.7	35-76
55-59	dominant	101.1	26.7	59-154	57.3	12.5	33-86
	non-dominant	83.2	23.4	43-128	47.3	11.9	31-76
60-64	dominant	89.7	20.4	51-137	55.1	10.1	37-77
	non-dominant	76.8	20.3	27-116	45.7	10.1	29-66
65-69	dominant	91.1	20.6	56-131	49.6	9.7	35-74
	non-dominant	76.8	19.8	43-117	41.0	8.2	29-63
70-75	dominant	75.3	21.5	32-108	49.6	11.7	33-78
	non-dominant	64.8	18.1	32-93	41.5	10.2	23-67
75+	dominant	65.7	21.1	40-135	42.6	11.0	25-65
	non-dominant	55.0	17.0	31-119	37.6	8.9	24-61
ALL	dominant	104.3	28.3	32-176	62.8	17.0	25-137
	non-dominant	93.1	27.6	27-160	53.9	15.7	23-115

norms for adult PINCH strength (Tip Pinch strength) performance of all subjects (lbs)

age	hand	men			women		
		mean	SD	low-high	mean	SD	low-high
20-24	dominant	18.0	3.0	11-23	11.1	2.1	8-16
	non-dominant	17.0	2.3	12-33	10.5	1.7	8-14
25-29	dominant	18.3	4.4	10-34	11.9	1.8	8-16
	non-dominant	17.5	5.2	12-36	11.3	1.8	9-18
30-34	dominant	17.4	6.7	12-25	12.6	3.0	8-20
	non-dominant	17.6	4.8	10-27	11.7	2.8	7-17
35-39	dominant	18.0	3.6	12-27	11.6	2.5	8-19
	non-dominant	17.7	3.8	10-24	11.9	2.4	8-16
40-44	dominant	17.8	4.0	11-25	11.5	2.7	5-15
	non-dominant	17.7	3.5	12-25	11.1	3.0	6-17
45-49	dominant	18.7	4.9	12-30	13.2	3.0	9-19
	non-dominant	17.6	4.1	12-28	12.1	2.7	7-18
50-54	dominant	18.3	4.0	11-24	12.5	2.2	9-18
	non-dominant	17.8	3.9	12-26	11.4	2.4	7-16
55-59	dominant	16.6	3.3	11-24	11.7	1.7	9-16
	non-dominant	15.0	3.7	10-26	10.4	1.4	8-13
60-64	dominant	15.8	3.9	9-22	10.1	2.1	7-17
	non-dominant	15.3	3.7	9-23	9.9	2.0	6-15
65-69	dominant	17.0	4.2	11-27	10.6	2.0	7-15
	non-dominant	15.4	2.9	10-21	10.5	2.4	7-17
70-75	dominant	13.8	2.6	11-21	10.1	2.6	7-15
	non-dominant	13.3	2.6	10-21	9.8	2.3	6-17
75+	dominant	14.0	3.4	7-21	9.6	2.8	4-16
	non-dominant	13.9	3.7	8-25	9.3	2.4	4-13
ALL	dominant						
	non-dominant						

norms for adult PINCH strength (Key Pinch strength) performance of all subjects (lbs)

age	hand	men			women		
		mean	SD	low-high	mean	SD	low-high
20-24	dominant	26.0	3.5	21-34	17.6	2.0	14-23
	non-dominant	24.8	3.4	19-31	16.2	2.1	13-23
25-29	dominant	26.7	4.9	19-41	17.7	2.1	14-22
	non-dominant	25.0	4.7	19-39	16.6	2.1	13-22
30-34	dominant	26.4	4.8	20-36	18.7	3.0	13-25
	non-dominant	26.2	5.1	17-36	17.8	3.6	12-26
35-39	dominant	26.1	3.2	21-32	16.6	2.0	12-21
	non-dominant	25.6	3.9	18-32	16.0	2.7	12-22
40-44	dominant	25.6	2.6	21-31	16.7	3.1	10-24
	non-dominant	25.1	4.0	19-31	15.8	3.1	8-22
45-49	dominant	25.8	3.9	19-35	17.6	3.2	13-24
	non-dominant	24.8	4.4	18-42	16.6	2.9	12-24
50-54	dominant	26.7	4.4	20-34	16.7	2.5	12-22
	non-dominant	26.1	4.2	20-37	16.1	2.7	12-22
55-59	dominant	24.2	4.2	18-34	15.7	2.5	11-21
	non-dominant	23.0	4.7	13-31	14.7	2.2	12-19
60-64	dominant	23.2	5.4	14-37	15.5	2.7	10-20
	non-dominant	22.2	4.1	16-33	14.1	2.5	10-19
65-69	dominant	23.4	3.9	17-32	15.0	2.6	10-21
	non-dominant	22.0	3.6	17-28	14.3	2.8	10-20
70-75	dominant	19.3	2.4	16-25	14.5	2.9	8-22
	non-dominant	19.2	3.0	13-28	13.8	3.0	9-22
75+	dominant	20.5	4.6	9-31	12.6	2.3	8-17
	non-dominant	19.1	3.0	13-24	11.4	2.6	7-16
ALL	dominant	24.5	4.6	9-41	16.2	3.0	8-25
	non-dominant	23.6	4.6	11-42	15.3	3.1	7-26

norms for adult PINCH strength (Palmar Pinch strength) performance of all subjects (lbs)

age	hand	men			women		
		mean	SD	low-high	mean	SD	low-high
20-24	dominant	26.6	5.3	18-45	17.2	2.3	14-23
	non-dominant	25.7	5.8	15-42	16.3	2.8	11-24
25-29	dominant	26.0	4.3	19-35	17.7	3.2	13-29
	non-dominant	25.1	4.2	19-36	17.0	3.0	13-26
30-34	dominant	24.7	4.7	16-34	19.3	5.0	12-34
	non-dominant	25.4	5.7	15-37	18.1	4.8	12-32
35-39	dominant	26.2	4.1	19-36	17.5	4.2	13-29
	non-dominant	25.9	5.4	14-40	17.1	3.4	12-24
40-44	dominant	24.5	4.3	17-37	17.0	3.1	10-23
	non-dominant	24.8	4.9	15-37	16.6	3.5	14-25
45-49	dominant	24.0	3.3	19-33	17.9	3.0	12-27
	non-dominant	23.7	3.8	8-33	17.5	2.8	12-24
50-54	dominant	23.8	5.4	15-36	17.3	3.1	12-23
	non-dominant	24.0	5.8	16-36	16.4	2.9	12-22
55-59	dominant	23.7	4.8	16-34	16.0	3.1	11-26
	non-dominant	21.3	4.5	12-25	15.4	3.0	11-21
60-64	dominant	21.8	3.3	16-28	14.8	3.1	10-20
	non-dominant	21.2	3.2	15-27	14.3	2.7	10-20
65-69	dominant	21.4	3.0	15-25	14.2	3.1	8-20
	non-dominant	21.2	4.1	14-30	13.7	3.4	8-22
70-75	dominant	18.1	3.4	14-27	14.4	2.6	9-19
	non-dominant	18.8	3.3	13-27	14.0	1.9	10-17
75+	dominant	18.7	4.2	9-26	12.0	2.6	8-17
	non-dominant	18.3	3.8	10-26	11.5	2.6	6-16
ALL	dominant	23.4	5.0	9-45	16.3	3.8	8-34
	non-dominant	23.0	5.3	10-42	15.7	3.6	6-32

BASELINE[®] **EVALUATION INSTRUMENTS**



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