BASELINE® EVALUATION INSTRUMENTS **SMEDLEY**

REF 12-0281, 12-0285

SPRING HAND DYNAMOMETER

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REV0325

About the Baseline® Smedley hand dynamometer

Intended Purpose

The **Smedley spring-type dynamometer** has been used successfully for many years to measure grip strength. Adjustable handle comfortably accommodates any hand size. Unit is calibrated in both pounds and kilograms. Force indication pointer remains at maximal force until reset. To reset, simply rotate pointer counter-clockwise until it rests against the zero pin.

Force Range

Measures from zero up to 220 pounds (100 kilograms). Use the child size (110 lb. maximal force reading) for smaller forces and higher resolution.

Resolution and Precision

Measurement gradations are every five pounds (within black outer ring) and are every 2 kilograms (within white inner ring).

Care

For continued use of the dynamometer for years to come be sure to take good care of it. Keep unit in protective carrying case when not in use to prevent water damage and accidental dropping. Wipe off any water or liquid that might get on dynamometer to prevent the spring from rusting.

additional information
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Using the Smedley hand dynamometer

Grip Size

To size grip, open latch on right side of dynamometer so grip could rotate freely. Rotate grip clockwise for larger grip and counter-clockwise for smaller grip. As a grip size reference, measure the distance between grip base and base of frame. Record this measurement. When appropriate grip size is reached, close latch and administer grip test. Tests should not be administered while grip can rotate freely. Grip size should always be the same for a single individual.

Procedure

When administering grip strength tests, face gauge outward, facing away from patient. Stabilize patient's arm and instruct patient to gradually increase effort until maximal effort is attained. This might take three seconds or so. Record reading and reset dial. Repeat test three times, allowing the patient a brief period to rest between each trial and use the average of the three trials to determine the grip strength.

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Tolerance:

This device has an accuracy of ±5 lb.

Disposal Method

Dispose of item in accordance with the local/regional/national/international regulations.

⚠ WARNING:

- Ensure proper hand position and posture during testing
- Clean grip surfaces between patients
- Do not exceed maximum force capacity
- Stop testing if patient reports pain
- Store in protective case when not in use
- Inspect for damage before each use
- Keep moving parts clean and free of debris
- Check hydraulic system for leaks

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