

Putting your Grip Strength to the test.



Age: _____ Male: Female:

GRIP STRENGTH

Grip strength:

Normal Grip Strength for Men

Normal Grip Strength for Women

70-160 lbs.

40-100 lbs.

_____ LBS

Additional information.

GRIP VS. MUSCLE STRENGTH

Weaker hand grip is related to muscle strength. Compared to stronger muscle strength, weaker muscles can make less favorable health outcomes more likely when coupled with a chronic medical condition.

BENEFITS OF GRIP STRENGTH

- Grip strength is a reliable indicator of quality of life at an older age.
- Muscle and connective tissues that are strengthened are more injury-resistant.
- Healthy behaviors practiced earlier in life may help retain strength and function.
- Increased physical activity improves muscle strength, mental and physical health, and life expectancy.

INCREASE HANDGRIP STRENGTH

- Train each major muscle group two to three days per week. Try a variety including weight training machines, free weights, resistance bands, or use your own body weight.
- Exercises requiring your hands to grip, hold, or pull will be most effective at increasing your grip strength.
- Push-ups, planks, and lunges work most of the body's muscle groups. Two to four sets of each will help improve strength. Increase gradually

- and wait at least 48 hours between strength training major muscle groups.
- Stretching your hands and wrists, holding each stretch for at least five seconds.
- Using a rubber band, extend your fingers apart then back together.

It's important to maintain a healthy level of physical fitness to keep your cardiovascular system in tip-top shape, keep your body strong, and improve the overall quality of your life. Measuring grip strength is a helpful screening tool to estimate overall muscle strength:

-A strong or weak hand grip can help measure the risk for all-cause mortality.

-Muscle strength plays an important role in decreasing the odds of developing an Activities of Daily Living (ADL) disability.



For more information and additional resources, please visit selecthealth.org/wellness/wellness-resources.

Contact us

800-538-5038

Weekdays - 7:00 a.m. to 8:00 p.m.

Saturdays - 9:00 a.m. to 2:00 p.m.

Sundays - Closed

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Please consult your healthcare provider if you have any questions or concerns.