Ergonomics and applied anthropology

Bi 9100

Protocol title: Handheld dynamometry

Name: Date:

|  |  |  |
| --- | --- | --- |
| Measurement | Test person 1 | Test person 2 |
|  | Rep 1 | Rep 2 | Rep 3 | Rep 1 | Rep 2 | Rep 3 |
| Handgrip strenght (dominant hand) |  |  |  |  |  |  |
| Handgrip strenght (non-dominant hand) |  |  |  |  |  |  |
| 2nd finger strength (dominant hand) |  |  |  |  |  |  |
| 3rd finger strength (dominant hand) |  |  |  |  |  |  |
| Forearm push (isometric strength) |  |  |  |  |  |  |
| Shoulder flexion |  |  |  |  |  |  |
| Shoulder extension |  |  |  |  |  |  |
| Shoulder abduction |  |  |  |  |  |  |
| Shoulder external rotation |  |  |  |  |  |  |
| Shoulder internal rotation |  |  |  |  |  |  |
| Elbow flexion |  |  |  |  |  |  |
| Elbow extension |  |  |  |  |  |  |
| Wrist extension |  |  |  |  |  |  |
| Hip flexion |  |  |  |  |  |  |
| Hip extension |  |  |  |  |  |  |
| Hip abduction |  |  |  |  |  |  |
| Hip adduction |  |  |  |  |  |  |
| Knee extension |  |  |  |  |  |  |
| Knee flexion |  |  |  |  |  |  |