

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						