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3-piece hand evaluation set



7-piece hand evaluation set



wrist evaluation set



range-of-motion



measurement tape

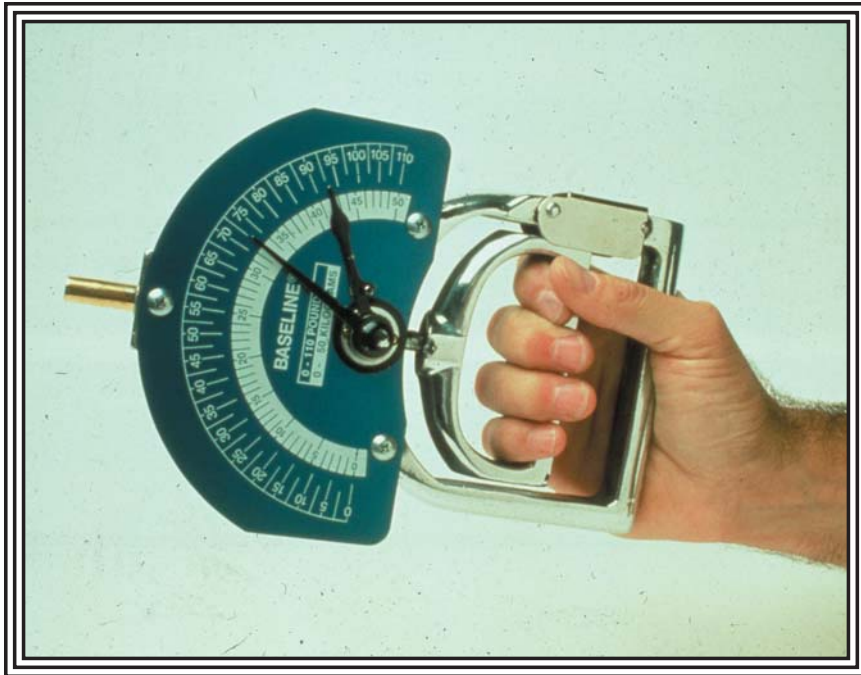


hydraulic push-pull dynamometers

manual muscle testing

**BASILINE® EVALUATION INSTRUMENTS SMEDLEY**

**SPRING HAND DYNAMOMETER**



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**Fabrication Enterprises Incorporated**

**Manufacturer and Master Distributor of Physical Therapy and Rehabilitation Products**

## About The Baseline® Smedley hand dynamometer

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.

## 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 trial to determine the grip strength.