

Resource Summary Report

Generated by [NIF](#) on Sep 2, 2026

NIH Toolbox Grip Strength Test

RRID:SCR_003633

Type: Tool

Proper Citation

NIH Toolbox Grip Strength Test (RRID:SCR_003633)

Resource Information

URL:

<http://www.nihtoolbox.org/WhatAndWhy/Motor/Strength/NIH%20Toolbox%20Grip%20Strength%20T>

Proper Citation: NIH Toolbox Grip Strength Test (RRID:SCR_003633)

Description: Assessment test that measures grip strength. Participants are seated in a chair with their feet touching the ground. With the elbow bent to 90 degrees and the arm against the trunk, wrist at neutral, participants squeeze the Jamar Plus Digital dynamometer as hard as they can for a count of three. The dynamometer provides a digital reading of force in pounds. A practice trial at less than full force and 1 test trial are completed with each hand. This protocol is adapted from the grip strength testing protocol of the American Society of Hand Therapy. The test takes approximately 3 minutes to administer and is recommended for ages 3-85.

Synonyms: Grip Strength Test

Resource Type: assessment test provider, material resource

Keywords: motor, strength, grip, hand

Resource Name: NIH Toolbox Grip Strength Test

Resource ID: SCR_003633

Alternate IDs: nlx_157783

Record Creation Time: 20220129T080220+0000

Record Last Update: 20260829T183054+0000

Ratings and Alerts

No rating or validation information has been found for NIH Toolbox Grip Strength Test.

No alerts have been found for NIH Toolbox Grip Strength Test.

Data and Source Information

Source: [SciCrunch Registry](#)

Usage and Citation Metrics

We have not found any literature mentions for this resource.