

Jamar Five-Position Grip Test Scores

HAND DOMINANCE: RIGHT LEFT

Grip Span	Trial 1 Dom	Trial 1 Non - Dom	Trial 2 Dom	Trial 2 Non - Dom	Trial 3 Dom	Trial 3 Non - Dom
1						
2						
3						
4						
5						

COMMENTS:

Jamar Rapid Exchange Grip Test Scores

Grip Span Chosen for Testing - _____ (Span of PEAK Score on 5 position test)

	Dom	Non Dom	5 Position PEAK Dominant		5 Position PEAK Non-Dominant	
1			REG Peak Dominant		REG Peak Non-Dominant	
2						
3						
4						
5						
6						
7						
8						
9						
10						

Physical Effort Testing Summary Sheet

JAMAR GRIP STRENGTH TESTING:

5 Position – MVE Test - ___ CV's /10 Interpretation _____

REG – Right _____ Left _____ Interpretation _____

Bell Curve Analysis – Visual – Right - _____ Left _____

Bell Curve Analysis – Standard Deviation – Right- _____ Left- _____

HOOVER TEST Positive _____ Negative _____

COMPETITIVE TEST PERFORMANCE:

HEART RATE ANALYSIS

TEST	% Increase over seated resting NIOSH	% Increase over standing resting EPIC	COMMENTS
Lifting			
Walking			
Carrying			
Pushing			
Pulling			

CLINICAL CONSISTENCY: