

Hand Grip Strength 10th Percentile Cut-offs By Age
All Measures in Kilograms (kgs)

Males			Females				
Age	One Hand	Both Hands	Age	One Hand	Both Hands		
10	5.5	11.0	10	5.0	10.0		
11	8.0	16.0	11	6.0	12.0		
12	11.5	23.0	12	9.0	18.0		
13	14.0	28.0	13	13.0	26.0		
14	19.5	39.0	14	13.5	27.0		
15	27.5	55.0	15	15.5	31.0		
16	34.0	68.0	16	16.5	33.0		
17	35.0	70.0	17	15.5	31.0		
18	40.5	81.0	18	15.5	31.0		
19	42.0	84.0	19	18.0	36.0		
	Right	Left	Both Hands		Right	Left	Both Hands
20-24	44.5	40.8	85.3	20-24	21.8	18.6	40.4
25-29	42.6	39.0	81.6	25-29	20.9	17.7	38.6
30-34	40.8	37.2	78.0	30-34	20.4	17.2	37.6
35-39	39.0	35.4	74.4	35-39	19.5	16.3	35.8
40-44	36.3	33.6	69.9	40-44	18.6	15.9	34.5
45-49	34.5	31.3	65.8	45-49	18.1	15.0	33.1
50-54	32.7	29.5	62.1	50-54	17.2	14.5	31.8
55-59	30.8	27.7	58.5	55-59	16.8	13.6	30.4
60-64	28.6	25.4	54.0	60-64	15.9	13.2	29.0
65-69	26.8	23.6	50.3	65-69	15.0	12.2	27.2
70-74	24.5	21.8	46.3	70-74	14.5	11.8	26.3
75-79	22.7	20.0	42.6	75-79	13.6	10.9	24.5
80-84	20.9	18.1	39.0	80-84	13.2	10.4	23.6