Biomechanics – The Hand Dynamometer

Testing Your Grip Strength

The Hand Dynamometer is used to measure the grip strength of a person’s hand, often times to monitor the recovery rate after an injury (for example, a broken arm). In this activity, we will use our own hand dynamometers to measure and record our own grip strengths!

**What things can change how strong your grip will be? Think about someone’s Age, Height, Gender… List some of these traits below, and explain why one person may be stronger or weaker than another:**

Now examine your own hand – feel the bone from the fingertip of your fingers, all the way down to your wrist! How many bones are there in each finger? In your thumb? Examine the general shape of your hand, the veins and arteries that you can see below your skin. Where are there muscles? Where are there bones? Below, draw what you think is on the **inside** of your hand:





