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Grip and Pinch Strength in Northern Mexican Adults

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Abstract: This paper addresses the physical strength capabilities of hand and finger grasping of the sampled population from a city in northern Mexico and its comparison to grasping strength capabilities reported from other countries. Power grip and pinch (precision) grasp measures were obtained from 461 abled-bodied young adults in standing position following the Caldwell protocol and in both hands. Overall right hand strengths predominated over the left and males recorded greater strengths than females. Generally, the power grip and pinch grasp strengths of this Northern Mexican population are lower than reference values from other counties.

Keywords: strength, hand grip, pinch grip, Mexican population