

عنوان مقاله:

Grip and Pinch Strengths in Young Adults Residing in Tehran (۲۰۱۷): Development of Prediction Models

محل انتشار:

فصلنامه بهداشت، ایمنی و محیط زیست، دوره 6، شماره 4 (سال: 1398)

تعداد صفحات اصل مقاله: 7

نویسندگان:

Sajjad Rostamzadeh - *Occupational Health Research Center, Iran University of Medical Sciences, Tehran, Iran*

Mahnaz Saremi - *Workplace Health Promotion Research Center and School of Public Health and Safety, Shahid Beheshti University of Medical Sciences, Tehran, Iran*

Hashem Vahabzadeh-Monshi - *University of Maryland, Department of Medicine and Prince George Hospital, Washington, USA*

Pravin Yazdanparast - *School of Health, Safety and Environment, Shahid Beheshti University of Medical Sciences, Tehran, Iran- Johnson-Shoyama Graduate school of Public Policy, University of Regina, Saskatchewan, Canada*

خلاصه مقاله:

Hand strength is necessary for many daily, working and leisure activities. The aim of this study was to determine the predictors of handgrip and pinch strengths among Iranian young adults. A cross-sectional study was designed in which ۷۱۶ young adults (۳۵۴ males, ۲۴.۱ years \pm ۳.۲; ۳۶۲ females, ۲۳.۱ years \pm ۳.۶) participated. Demographic characteristics, as well as the length of the hand, palm and forearm, the palm width, and the circumference of wrist and forearm, were measured. A tape meter (\pm ۰.۱cm), and a digital Caliper (\pm ۰.۱ mm) were used to measure anthropometric dimensions. Jamar hydraulic dynamometer and pinch gauge were used to measure Hand Grip Strength (HGS) as well as Tip (TP), Key (KP) and Palmar (PP) pinch strengths. Mean values of HGS, TP, KP and PP varied from ۲۵.۶ to ۸۰, ۴.۱ to ۸.۷, ۶.۴ to ۱۴.۷ and ۵.۴ to ۱۲.۷Kg in men and from ۱۴ to ۳۹, ۳.۲ to ۶.۰, ۴.۷ to ۸.۱ and ۳.۴ to ۹.۳Kg in women, respectively. Multiple linear regression analysis showed gender, age, height and BMI as the best predictors of hand strengths. The values of hand strengths are easily predictable using a few readily available individual attributes. Results may serve as a benchmark for job selection

کلمات کلیدی:

Hand Strengths, Jamar Dynamometer, Pinch Gauge, Grip

لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/1242043>

