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Correlation between grip strength and finger length in geriatrics

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Background: Hand is an amazing instrument and helps in gripping instruments in several ways. Also, grip strength is predictive of functional limitations and disability. The performance in ADLs is governed by hand and a direct relationship is established between finger length and ADLs due to its relationship with grip strength. It has been seen that hand grip strength was highly predictive of functional limitations and disability in men aged 45-68. However, very little has been done to relate the hand grip strength and finger length in geriatric population. Therefore, in this study, I hypothesize that there is direct correlation between hand grip strength and finger length in geriatrics.

Objective: To study the relationship between finger length and grip strength in geriatric population.

Methods: Correlation design was used. 50 geriatric subjects (25 males, 25 females) were randomly selected according to the selection criteria. Finger length and grip strength were measured and correlation was established.

Result: There was statistically significant positive correlation between finger lengths and grip strength in geriatric population ($p < .05$).

Conclusion: It is concluded that grip strength has a strong positive correlation with the lengths of the index, middle, ring and the little fingers in geriatric population.

Biography

Ishita Sood has completed her Bachelors and Masters in Musculoskeletal Physiotherapy from India. Later, she moved to Melbourne, Australia and has been practicing as Grade 4 Supervised Physiotherapist at a private practice. She specializes in musculoskeletal injuries and has developed keen interest in women health physiotherapy. She has a published paper on scapular dyskinesia and serratus anterior and is working towards strategies to improve joint position strength in geriatrics.

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