ASSOCIATION BETWEEN GRIP STRENGTH, ANTHROPOMETRIC DATA AND FUNCTIONAL CAPACITY

Angélica Soares do Nascimento;1 Inês Rosendo Pinto;1 Mónica Martinho Abreu;1 Sofia Pereira de Almeida;1 Maria Beatriz Fernandes2; Maria Teresa Tomás2

1- Lisbon Higher School of Health Technology (ESI/ILT); 2 - Graduated in Physiotherapy, nascimentosanna@gmail.com; inesrosendo@gmail.com; monica_abreu21@hotmail.com; sofia.almeida.991@gmail.com
2- Lisbon Higher School of Health Technology (ESI/ILT); Scientific Area of Physiotherapy; PT, PhD; beatriz.fernandes@estesel.ip.pt; teresa.tomar@estesel.ip.pt

INTRODUCTION

The hand is one of the most important instruments of the human body, mainly due to the possibility of grip movements.1,2 Grip strength has been described as an important predictor of functional capacity. There are several factors that may influence it, such as gender, age and anthropometric characteristics.

Functional capacity refers to the ability to perform daily activities which allow the individual to self-care and to live with autonomy.3,4 Composite Physical Function (CPF) scale is an evaluation tool for functional capacity that includes daily activities, self-care, sports activities, upper limb function and gait capacity.5,6

In 2011, Portugal had 15% of young population (0-14 years) and 19% of elderly population (over 65 years).7 Considering the double-ageing phenomenon, it is important to understand the effect of the grip strength in elderly individuals, considering their characteristics, as the need to maintain independency as long as possible.

RESULTS

<table>
<thead>
<tr>
<th>Mean</th>
<th>Age (years)</th>
<th>Weight (Kg)</th>
<th>Height (m)</th>
<th>BMI (Kg/m²)</th>
<th>Grip Strength</th>
<th>CPF</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>73.2±8.2</td>
<td>73.5±15.4</td>
<td>1.60±0.1</td>
<td>28.5±4.6</td>
<td>31.2±11.9</td>
<td>28.1±13.0</td>
</tr>
</tbody>
</table>

CONCLUSIONS

There are significant associations between grip strength and anthropometric characteristics. Also, there is a significant association between grip strength and functional capacity.

Considering the changes in world population, with the raising tendency of higher life expectancy that leads to older individuals, it is essential to find strategies to prevent disability and to maintain autonomy for as long as possible.

Our study shows that grip strength can be an important predictor of functional capacity in elderly population, which is helpful as the test is simple to perform and doesn’t require complex tools or a special environment. Through grip strength evaluation, it is possible to promote strategies in order to prevent further disabilities, to promote independency and, consequently, improve individuals’ quality of life.

BIBLIOGRAPHY