



Quick Start Guide

1. Press the **[ON/OFF]** key to start the instrument.
2. Determine which hand will be used. Using the **[SELECT TEST]** key, scroll to the “L” (Left) or “R” (Right) icon to select the hand to be tested.
3. To alternate left and right hand tests (i.e., L1 - R1, L2 - R2, L3 - R3, etc.) press **[SELECT TEST]** until both the “L” and “R” are displayed. The instrument will automatically alternate “L” and “R” hand test cycles.
4. To select the number of test repetitions (up to 5) to be recorded for that hand, press the **[# OF TRIALS]** key. Each of the five numbers (1 through 5) will be displayed on the upper line of the display. Stop scrolling on the number which represents the number of tests to be taken.
5. Have the patient grasp the Jamar Smart Hand Dynamometer gently so that the palm fits comfortably to the rear of the instrument and the fingers curls around the adjustable grip at the front of the instrument.
6. Press the **[TEST]** key to begin the test. Under the present test protocol, start with the first test trial and the number “1” will appear and flash at the top of the display, indicating that the first test for the chosen hand is ready. Have the patient squeeze the grip and be ready to enter the second trial (if test protocol setting has more than 1 trial).
7. When the first test is completed, press the **[TEST]** key one time to scroll to the next test. Repeat the number of trials to complete the test cycle for the chosen hand.
8. When testing is completed for the chosen hand and the required data is recorded, press the **[RESET]** key to clear the previous test data. Repeat steps 2 through 9 for the remaining hand if desired.
9. After all the test trials are completed, the test and calculation results can be viewed on the display by repeatedly pressing the **[TEST]** key. All results will be displayed in the sequence of: Test Trial 1, Test Trial 2...Test Trial N, AVG, STDEV, CV. There will be an indicator icon shown in the display for each respective result.
10. Hold the **[ON/OFF]** button for two seconds to turn the instrument OFF when testing is complete and return it to a safe storage location.