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Quick Reference Guide

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- ◇ **[ON/OFF]** Turns Jamar on/off.
- ◇ **[SELECT TEST]** Scrolls to desired test.
- ◇ **[# OF TRIALS]** Choose desired # of trials.
- ◇ **[TEST]** Used to start test and to move between tests
- ◇ Press the **[TEST]** key after each trial to move to the next test.
- ◇ When testing is completed for the chosen hand, use **[TEST]** key to review the test data. The display will show in order Average, Standard Deviation, and Coefficient of Variation.
- ◇ Press **[RESET]** key to clear the previous test data. Reselect testing mode, if needed.
- ◇ Press **[ON/OFF]** key to turn off the Jamar and return it to a safe storage location.

Example # 1 – (LR 3):

Test patient's grip strength 3 times for both left and right hands.

- ◇ Press **[ON/OFF]** key to turn on the Jamar.
- ◇ Press **[SELECT TEST]** key until both the "L" and "R" are displayed at the upper left corner of the screen. "L" is for the Left Hand and "R" is for the Right Hand.
- ◇ Press **[# OF TRIALS]** key until number "3" is displayed on the screen next to the "L" and "R". You will see (L R 3). This signifies you will be testing the Left and Right Hands 3 times.
- ◇ Press **[TEST]** key to start the test.
- ◇ "L 1" will be flashing on the screen. Have the patient squeeze the grip handle with his left hand. Once completed, press **[TEST]** key to move to the next test. The display will flash "R 1". Have the patient perform the test on his right hand. Press **[TEST]** again to move to the "L 2" test and so on until all 6 tests are completed. (L1, R1, L2, R2, L3, R3).
- ◇ Once all 6 tests have been completed, press **[TEST]** key once and the screen will display **AVG** for the 3 left hand tests. Press **[TEST]** once again and the screen will display **AVG** for the 3 right hand tests.
- ◇ Continue to press **[TEST]** key to display the results as follows: **ST DEV** for 3 left hand tests, **ST DEV** for 3 right hand tests, **CV** for 3 left hand tests, **CV** for 3 right hand tests, **L1** test result, **R1** test result, **L2** test result, **R2** test result, **L3** test result, **R3** test result. Continue pressing **[TEST]** key to scroll back to **AVG** for 3 left hand tests.
- ◇ Press **[RESET]** key to clear results.
- ◇ To perform a new test, press **[SELECT TEST]** to scroll to the desired test. Use the **[# OF TRIALS]** key to select the desired number of trials.

Example # 2 – (RX 3.0 20):

Test patient's grip strength 20 times for either the left or right hand

- ◇ Press **[ON/OFF]** key to turn on the Jamar.
- ◇ Press **[SELECT TEST]** key until "RX3.0" is displayed.
- ◇ Press **[# OF TRIALS]** key until number "20" is displayed. Left or Right hand will be tested in a Rapid Exchange scenario – 20 times in 3 second intervals.
- ◇ Press **[TEST]** key to start the test.
- ◇ A number "1" will flash and a beep will sound on the screen to start the test. The patient will squeeze the handle.
 - NOTE: Each trial must be completed in the time interval chosen.
 - ◆ 3.0RX - 3.0 seconds,
 - ◆ 1.5RX – 1.5 seconds.
- ◇ A beep will sound after 3 seconds. After 3 seconds, the beep will sound again to indicate the start of another test. Repeat the procedure until all 20 trials are completed.
- ◇ The screen will display **AVG** for these 20 trials. Press **[TEST]** to display the **ST DEV** for 20 trials, **CV** for 20 trials, 1st trial test result, 2nd trial test result through the 20th trial test result. Pressing **[TEST]** again will show the **AVG** for 10 trials.
- ◇ Press **[RESET]** key to clear all the results.