

Reliability of handgrip test in low back pain patients using a 12-week test-retest: Pilot study [Fiabilidad de un test de dinamometría manual en pacientes con dolor de espalda baja mediante test-retest de 12 semanas: estudio piloto]

Dávila-Romero C.

Hernández-Mocholí M.A.

Dominguez-Munoz F.J.

Triviño-Amigo N.

Corzo-Fajardo H.A.

Olivares P.R.

Objective The aim of this study was to calculate the reliability of a handgrip protocol in low back pain patients using a test-retest design. **Material and method** The sample consisted of 6 patients referred by a specialised hospital unit. Each participant performed the test twice with an interval of 12 weeks.

Results There were no statistically significant differences between maximal handgrip assessed in both sessions. Absolute and relative reliability index were excellent. **Conclusions** Maximal handgrip is highly reliable in both hands after 12 weeks in patients with low back pain. © 2014 Asociación

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Hand strength

Low back pain

Reliability