

Hand-Held Dynamometer

Model 01165A/01165APP



What is Hand-Held Dynamometry? Why is it important?

The Lafayette Hand-Held Dynamometer (HHD) is a **valid and proven assessment tool** used for objectively quantifying muscle strength. The Lafayette HHD has a **high inter/intrarater reliability** and is the ideal instrument for documenting medical necessity or tracking the progress during a rehabilitation or a strength training program.



Why should I choose the Lafayette Hand-Held Dynamometer?

The Lafayette Hand-Held Dynamometer features a **wide range of customizable options** for data storage, force over time graphs, preset test times, and force thresholds. The HHD comes with 3 stirrups, user's guide, battery charger, sanitary covers, and carrying case.



Tests Available using the Lafayette Hand-Held Dynamometer

- Peak force
- Time to reach peak force
- Total test time
- Average force
- Real - time force
- End force
- Average force from peak to end
- Percentage decrease from peak force to end force



Features

- **Simple, ergonomic design** fits easily into the palm of your hand
- Three (3) **easy-to-change** molded plastic stirrups with pads
- Includes **algometer attachment**
- **Automatic storage of data**, with storage for up to 250 tests in device memory
- **Tone to indicate** start, stop, or metronome
- Powered by **rechargeable** lithium-ion battery



Specifications

- Size: 3.16" x 5.11" x 1.6" (8.03 cm x 12.98 cm x 4.1 cm)
- Range: 0 - 300 lbs (136.1 kg, 1335 N, 9999 kPa)
- Accuracy: $\pm 1\%$ over full scale or ± 0.2 lbs
- Battery Life: 12 hours
- Data Storage Capacity: 250 tests



Improve inter/intratester reliability

We have you covered! The 01166 HHD Support Stand allows **more objective measurements** and is configured to test **numerous upper and lower body muscle groups**. Pairing with DynoData supports observation of real-time data.



HHD Support Stand
Model 01166



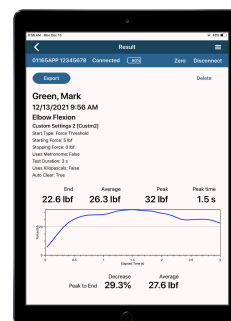
HHD Utility

The Hand-Held Dynamometer Utility is a Windows app compatible with all Model 01165A and 01165APP Lafayette Hand-Held Dynamometers. The HHD Utility allows **editing and storing hardware settings, downloading data, and exporting data**.



DynoData

DynoData is an iOS/Android app compatible with Model 01165APP Lafayette Hand-Held Dynamometers. DynoData has many of the same features as the HHDU, but also **allows users to view and record data to a tablet in real time**.



Result stored
in DynoData



I want to know more about Hand-Held Dynamometry

MET has published [Hand-Held Dynamometry: Guidelines for Daily Clinical Practice](#). It is a fundamental resource on evidence-based practices.

This book bridges the gap between research and clinical practice by serving as an **approachable and comprehensive resource** for clinicians to reference.