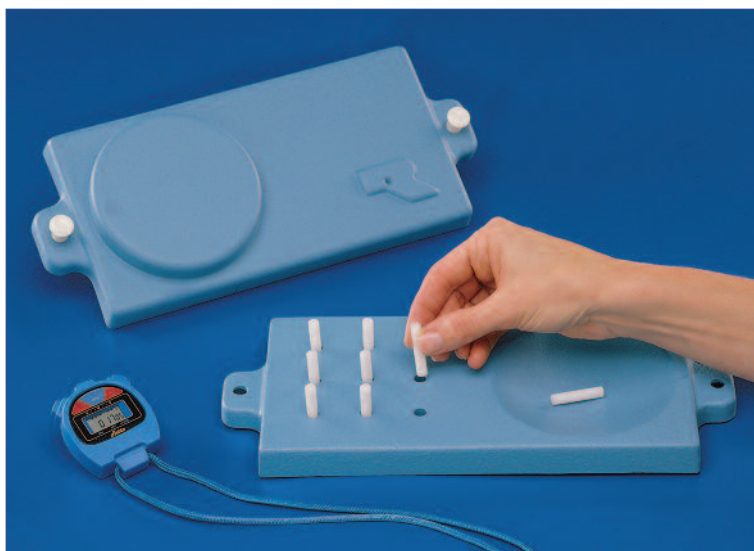


Mobilis Rolyan Workshop

9 Hole Peg Test

Assessment	9 Hole Peg Test
Assessment Tool	<p>Indications;</p> <ul style="list-style-type: none"> • Test fine motor co-ordination • Test hand/eye co-ordination • Test ability to follow simple directions
Summary	<ul style="list-style-type: none"> • The objective of evaluating manual & finger dexterity is to provide data about the speed, accuracy & quality of hand & finger use. • Brief, standardised, quantitative test • Small and portable • Easy administration, quick, minimum 5 minute administration • Can be cleaned
Reliability & Validity	<ul style="list-style-type: none"> • High inter-rater reliability & good test-retest reliability • Evidence for concurrent & convergent validity • Sensitivity to detect minor impairments of hand function
Contra-indication / Limitations	<ul style="list-style-type: none"> • If unusual discomfort occurs, discontinue • No motor function
Advantages	<ul style="list-style-type: none"> • Norms available • Written & Verbal standardised instructions • Can be administered by a wide variety of trained examiners
Disadvantages	<ul style="list-style-type: none"> • Only a small area test, should not be used in isolation to assess function • Performance on the 9-Hole Peg Test may be sensitive to practice effects • Patients often display poorer performance when first tested due to lack of familiarity with the task



Administration

- Test dominant hand first
- Position board horizontally with rounded container next to tested hand
- Read following directions to the patient:
 - This will be a practice test. Pick up the pegs one at a time using the hand to be tested only. Place them in the holes until all nine holes are filled. Then remove all of them one at a time. The pegs can be placed in the holes in any order. This is a practice test. Are you ready?
 - Begin
 - If person does not understand instructions demo can be performed
 - After patient completes practice test, read the following:
 - This will be the actual test. Pick up the pegs one at a time using the hand to be tested only. Place them in the holes until all nine holes are filled. Then remove all of them one at a time. The pegs can be placed in the holes in any order.
 - Are you ready?
 - Begin
 - Start stop watch as soon as person touches first peg & stop as last peg hits container
 - Reposition unit on opposite side & repeat test

Male Norms

Age	Hand	Mean	SD	SE	Low	High
20-24	R	16.1	1.9	.35	13	22
	L	16.8	2.2	.41	13	23
25-29	R	16.7	1.6	.31	14	21
	L	17.7	1.6	.31	15	21
30-34	R	17.7	2.5	.48	14	24
	L	18.7	2.2	.48	14	24
35-39	R	17.9	2.4	.48	15	26
	L	19.4	3.5	.70	14	28
40-44	R	17.7	2.2	.43	14	22
	L	18.9	2.0	.39	16	24
45-49	R	18.8	2.3	.43	15	24
	L	20.4	2.9	.55	15	27
50-54	R	19.2	1.8	.36	15	22
	L	20.7	2.3	.46	16	25
55-59	R	19.2	2.6	.56	14	25
	L	21.0	3.2	.70	17	27
60-64	R	20.3	2.6	.54	15	25
	L	21.0	2.5	.51	18	27
65-69	R	20.7	2.9	.55	15	29
	L	22.9	3.5	.67	18	30
70-74	R	22.0	3.3	.65	17	30
	L	23.8	3.9	.77	16	33
75+	R	22.9	4.0	.80	17	35
	L	26.4	4.8	.96	19	37
All Male Subjects	R	19.0	3.2	.18	13	35
	L	20.6	3.9	.22	13	37

Female Norms

Age	Hand	Mean	SD	SE	Low	High
20-24	R	15.8	2.1	.41	12	22
	L	17.2	2.4	.47	14	26
25-29	R	15.8	2.2	.43	13	23
	L	17.2	2.1	.40	15	25
30-34	R	16.3	1.9	.36	13	20
	L	17.8	2.0	.40	15	22
35-39	R	16.4	1.6	.32	14	20
	L	17.3	2.0	.40	15	21
40-44	R	16.8	2.1	.37	14	23
	L	18.6	2.8	.51	15	24
45-49	R	17.3	2.0	.39	13	23
	L	18.4	1.9	.38	16	24
50-54	R	18.0	2.5	.50	14	24
	L	20.1	3.0	.60	16	26
55-59	R	17.8	2.6	.52	14	26
	L	19.4	2.3	.47	16	24
60-64	R	18.4	2.0	.39	15	22
	L	20.6	2.2	.44	17	25
65-69	R	19.5	2.3	.44	16	25
	L	21.4	2.7	.51	17	26
70-74	R	20.2	2.7	.51	15	26
	L	22.0	2.7	.51	18	27
75+	R	21.5	2.9	.58	17	31
	L	24.6	4.3	.85	18	35
All Female Subjects	R	17.9	2.8	.16	12	31
	L	19.6	3.4	.19	14	35

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