

Abstract:

The Bachelor thesis deals with the problem whether the occupational therapeutics in the Czech Republic measure the strength of a handgrip and the way it is tested. The strength of a handgrip can be tested in several possible methods. Output of the test can be objective or subjective evaluation of the ergo therapeutic, so the method seems to be very important.

The aim of the project was to use a questionnaire to find out if the occupational therapeutics in the Czech Republic measure handgrip.

Further aim was to compare two different instruments used for handgrip tests.

The theoretical part provides information about the importance of a strong handgrip for a person. Then lists factors influencing a handgrip, ways and methods of testing handgrips strength and gadgets used for those tests.

The practical part consists of a questionnaire research aimed at mapping a situation in the Czech Republic ergo therapy and handgrip strength tests. Further there are compared two different gadgets used for testing the strength of handgrips; a Jamar dynamometer and a dynamometer Collin.

Key words:

Handgrip

Occupational Therapy

Strength

Testing

Dynamometer

Jamar dynamometer