On-line appendix 1 – Protocol for measuring grip and quadriceps strength

Ask the subject to confirm which is their dominant side.

Protocol for Measuring Grip Strength

1. The subject should be seated with the arm to be tested resting at the subject’s side and the elbow flexed to 90°.
2. Grip the dynamometer with the appropriate hand. Do not allow it to rest on the chair or the subject’s knee.
3. Instruct the subject to squeeze the JAMAR™ dynamometer as hard as they can for 3 seconds.
4. Repeat the process on the contralateral side.
5. Repeat the entire process twice more so that each arm is tested 3 times.
6. Record the best score for each arm.

Protocol for Measuring Quadriceps Strength

1. The subject should be seated in an upright position with both feet on the floor, hands resting in their lap.
2. Place the LaFayette™ dynamometer half way down the shin. The tester should position themselves in single-leg kneeling in front of the subject.
3. Instruct the subject to lift their foot slightly off the ground and push the leg forwards (as if straightening the knee) as hard as they can for 3 seconds.
4. Repeat the process on the contralateral side.
5. Repeat the entire process twice more so that each leg is tested 3 times.
6. Record the best score for each leg.