

## Jamar 51731

# Jamar Hand Dynamometer Instruction Manual

**Model:** 51731

**Brand:** Jamar

## 1. PRODUCT OVERVIEW

---

The Jamar Hand Dynamometer is a precision instrument designed for accurately measuring isometric grip strength. It is widely used in clinical settings, rehabilitation, and research to assess hand and forearm strength. This manual provides detailed instructions for the proper setup, operation, maintenance, and troubleshooting of your Jamar Hand Dynamometer to ensure reliable and consistent measurements.



Figure 1: Front view of the Jamar Hand Dynamometer, showing the display and control buttons.

## 2. SETUP AND ASSEMBLY

Before first use, ensure all components are present and inspect the device for any visible damage. The Jamar Hand Dynamometer typically comes pre-assembled, but proper handling and initial checks are crucial.

### 2.1 Unpacking

- Carefully remove the dynamometer from its packaging.
- Verify that the device is intact and free from any shipping damage.
- Retain the original packaging for future storage or transport.



*Figure 2: The Jamar Hand Dynamometer stored within its protective carrying case.*

## **2.2 Handle Adjustment**

The dynamometer features an adjustable handle to accommodate various hand sizes. To adjust the handle position:

1. Locate the adjustment mechanism on the side of the dynamometer.
2. Adjust the handle to one of the five available positions to ensure a comfortable and secure grip for the user.
3. Ensure the handle is securely locked in place before proceeding with measurements.

## **3. OPERATING INSTRUCTIONS**

Follow these steps for accurate grip strength measurement using the Jamar Hand Dynamometer.

### **3.1 Powering On/Off**

- Press the **ON/OFF** button to turn the device on. The display will illuminate.
- To turn off the device, press and hold the **ON/OFF** button until the display turns off. The device may also have an auto-off feature to conserve battery.

### 3.2 Taking a Measurement

1. Ensure the device is powered on and the display shows "0.0" or is ready for a new measurement. If not, press the **RESET** button.
2. Instruct the user to grip the dynamometer handle firmly. Ensure their hand is positioned correctly, with the base of the fingers aligned with the handle.
3. Have the user squeeze the handle with maximum effort. The peak force will be displayed on the screen.
4. Record the measurement.
5. To clear the current reading and prepare for the next measurement, press the **RESET** button.



Figure 3: Proper technique for holding and operating the Jamar Hand Dynamometer during a grip strength test.

### 3.3 Using Advanced Features (if applicable)

- **SELECT/TEST:** This button may be used to cycle through different test modes or to confirm selections. Refer to the on-screen prompts.

- **AVG/CLEAR:** This button typically allows you to view the average of multiple readings or to clear stored data. Consult the device's display for specific functions.

## 4. MAINTENANCE

---

Proper maintenance ensures the longevity and accuracy of your Jamar Hand Dynamometer.

### 4.1 Cleaning

- Wipe the exterior of the dynamometer with a soft, damp cloth.
- Use a mild disinfectant solution if necessary, but avoid harsh chemicals or abrasive cleaners.
- Do not immerse the device in water or any other liquid.
- Ensure the device is completely dry before storage.

### 4.2 Storage

- Store the dynamometer in its protective carrying case when not in use.
- Keep the device in a cool, dry place, away from direct sunlight and extreme temperatures.

### 4.3 Calibration

For optimal accuracy, it is recommended to have your Jamar Hand Dynamometer calibrated periodically by a qualified service technician. Consult the manufacturer's guidelines or contact customer support for recommended calibration intervals.

## 5. TROUBLESHOOTING

---

If you encounter issues with your Jamar Hand Dynamometer, refer to the following common problems and solutions.

Problem	Possible Cause	Solution
Device does not turn on.	Low or dead batteries.	Replace batteries (if applicable). Ensure correct battery orientation.
Inaccurate or inconsistent readings.	Improper grip technique; Device needs calibration; Environmental factors.	Ensure proper grip. Consider professional calibration. Use in a stable environment.
Display shows error message.	Internal malfunction; Overload.	Turn off and restart the device. If error persists, contact customer support. Avoid exceeding maximum capacity.

If the problem persists after attempting these solutions, please contact Jamar customer support for further assistance.

## 6. SPECIFICATIONS

---

Key technical specifications for the Jamar Hand Dynamometer Model 51731.

- **Model Number:** 51731
- **Dimensions:** 30.48 x 38.1 x 12.7 cm (12 x 15 x 5 inches)
- **Weight:** 1.94 kg (4.28 lbs)
- **Manufacturer:** Jamar
- **ASIN:** B06WW9JM3V
- **First Available Date:** April 24, 2013

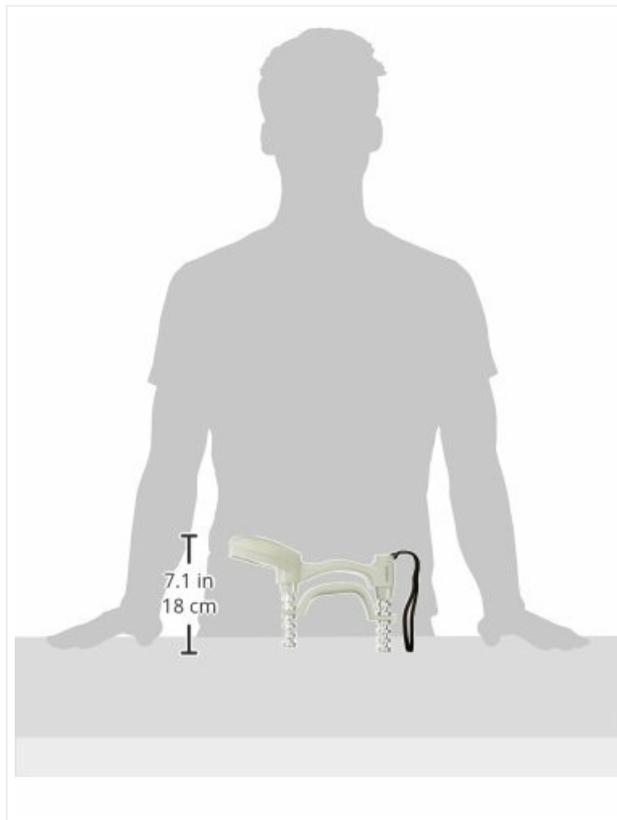


Figure 4: Dimensional overview of the Jamar Hand Dynamometer.

## 7. WARRANTY AND SUPPORT

Jamar products are known for their quality and reliability. Most Jamar products, including this hand dynamometer, are designed for both home and clinical use and often come with a lifetime warranty.

### 7.1 Warranty Information

The manufacturer, Jamar, typically offers a lifetime warranty on many of its products. Please refer to the warranty card included with your purchase or visit the official Jamar website for specific terms and conditions regarding your Model 51731 Hand Dynamometer.

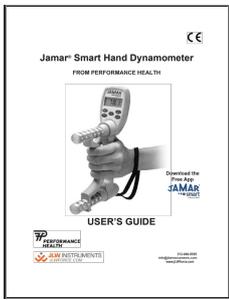
### 7.2 Customer Support

For technical assistance, calibration services, or any inquiries regarding your Jamar Hand Dynamometer, please contact Jamar customer support. You can usually find contact information on the manufacturer's official website or through the retailer where the product was purchased.

**Note:** Always provide your model number (51731) and ASIN (B06WW9JM3V) when contacting support to expedite assistance.

## Related Documents

	<p><a href="#">Jamar@ Smart Hand Dynamometer User's Guide</a></p> <p>User's guide for the Jamar@ Smart Hand Dynamometer, detailing its features, operation, grip strength measurement procedures, normative data, and maintenance. Includes instructions for setup, calibration, and use with the companion mobile app.</p>
---	---

	<p><a href="#">Jamar Smart Hand Dynamometer User's Guide</a></p> <p>User's guide for the Jamar Smart Hand Dynamometer by Performance Health, detailing features, operation, setup, measurements, calibration, and normative data.</p>
---	---

Documents - Jamar – 51731

no relevant documents