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Jamar FAB12-0604

Jamar Plus+ Digital Hand Dynamometer User Manual

INTRODUCTION

This manual provides comprehensive instructions for the Jamar Plus+ Digital Hand Dynamometer, an electronic evaluation tool designed for accurate measurement of isometric grip force and hand strength. It is suitable for use in rehabilitation, physical therapy, and general strength assessment programs.

PRODUCT OVERVIEW



Image: The Jamar Plus+ Digital Hand Dynamometer, featuring a digital display, control buttons, an adjustable handle, and a wrist strap.

Key Features:

- Digital measurement of isometric grip force for rehabilitation and physical therapy.
- Utilizes electronic load sensors for superior accuracy in hand and finger strength assessment.
- Digital readout measures from 0-200 lbs or 0-90 kgs.
- Adjustable handle with five grip positions (1.375" to 3.375") to accommodate various hand sizes.
- Durable aluminum body with scratch-resistant UV coating protects internal components.

SETUP

Unpacking

- Carefully remove the Jamar Plus+ Digital Hand Dynamometer from its packaging.
- Verify that all components are present, including the dynamometer unit and the reusable storage container.

Battery Installation

The Jamar Plus+ Digital Hand Dynamometer requires two AAA batteries (not included). To install:

1. Locate the battery compartment on the back of the device.
2. Open the battery compartment cover.
3. Insert two AAA batteries, ensuring correct polarity (+/-) as indicated inside the compartment.
4. Securely close the battery compartment cover.

Handle Adjustment

The handle can be adjusted to five different grip positions to suit various hand sizes and testing requirements. The positions range from 1.375 inches to 3.375 inches.

1. To adjust, gently pull the movable handle outward from the main body.
2. Slide the handle to the desired position.
3. Release the handle to allow it to lock securely into the chosen position.

OPERATING INSTRUCTIONS

Power On/Off

- To power on the device, press the **ON/OFF** button.
- To power off the device, press and hold the **ON/OFF** button until the display turns off.

Performing a Grip Strength Test

1. Ensure the device is powered on and the digital display is clear.
2. Adjust the handle to the appropriate grip position for the individual being tested.
3. Instruct the user to hold the dynamometer comfortably and squeeze the handle with maximum effort.
4. Press the **TEST** button to initiate a measurement.
5. The peak grip force will be displayed on the screen in your selected unit (lbs or kgs).
6. The device can store multiple trials and calculate averages and standard deviations automatically. Refer to the full instruction manual for detailed guidance on using the **SELECT TEST** and **NUM TRIALS** functions.

Resetting Measurements

To clear all previous measurements and prepare for a new test series, press the **RESET** button.

MAINTENANCE

Cleaning

- Wipe the exterior of the dynamometer with a soft, slightly damp cloth.
- Do not use abrasive cleaners, solvents, or harsh chemicals, as these may damage the finish or electronic components.
- Avoid immersing the device in water or any other liquid.

Storage

- Store the dynamometer in its original reusable storage container when not in use.
- Keep the device in a dry, cool environment, away from direct sunlight and extreme temperatures.
- If the device will not be used for an extended period, remove the AAA batteries to prevent potential leakage and damage.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not power on.	Dead or incorrectly installed batteries.	Replace the two AAA batteries, ensuring correct polarity.
Inaccurate or inconsistent readings.	Device not properly reset before testing, or handle not securely locked.	Press the RESET button before each new test series. Ensure the adjustable handle is firmly locked into one of the five positions.
Display is dim or flickering.	Low battery power.	Replace the AAA batteries.

SPECIFICATIONS

Parameter	Value
Model Number	FAB12-0604
Measurement Range	0-200 lbs (0-90 kgs)
Grip Positions	5 (1.375" to 3.375")
Power Source	2 x AAA Batteries
Construction Material	Aluminum body with UV coating
Product Dimensions	12 x 8 x 6 inches
Weight	Approximately 0.01 ounces
Manufacturer	Fabrication Enterprises

WARRANTY INFORMATION

The Jamar Plus+ Digital Hand Dynamometer is covered by a one-year limited warranty provided by Fabrication Enterprises. This warranty typically covers defects in materials and workmanship under normal use. To make a warranty claim, please retain your original proof of purchase and contact Fabrication Enterprises customer support. Specific terms, conditions, and exclusions may apply; refer to the warranty card included with your product for

complete details.

SUPPORT

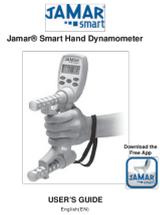
For technical assistance, troubleshooting guidance, or inquiries regarding your product's warranty, please contact the manufacturer:

- **Manufacturer:** Fabrication Enterprises
- Contact information (phone, email, or website) can typically be found on the product packaging or by visiting the official Fabrication Enterprises website.

Always refer to the official manufacturer's resources for the most up-to-date support information.



Related Documents - FAB12-0604

	<p>Jamar® Smart Hand Dynamometer User's Guide</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>Jamar Smart Hand Dynamometer User's Guide</p> <p>User's guide for the Jamar Smart Hand Dynamometer by Performance Health, detailing features, operation, setup, measurements, calibration, and normative data.</p>
	<p>Procedure for Measuring Hand Grip Strength Using the Jamar Dynamometer</p> <p>Standard Operating Procedure from NIHR Southampton BRC for measuring handgrip strength using the Jamar hydraulic hand dynamometer, including device description, maintenance checks, calibration, and detailed measurement steps.</p>



[EC Declaration of Conformity: Jamar Dynamometers & Pinch Gauges](#)

Official EC Declaration of Conformity from Anatomy Supply Partners, LLC for Jamar Dynamometers and Pinch Gauges, confirming compliance with EU Medical Device Regulation (MDR) 2017/745. Includes product details, risk classification, and harmonized standards.



[Jamar Smart Hand Dynamometer User's Guide](#)

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.



[Jamar Smart Hand Dynamometer User's Guide](#)

User's guide for the Jamar Smart Hand Dynamometer by Performance Health, detailing features, operation, setup, measurements, calibration, and normative data.