

# 不同施力水準之手部握力

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## 摘要

Handgrip is one the major function of the hand. Measurements of grip force allow assessment of operating capability of the hand. The Borg' s CR-10 is a tool to collect subjective muscular exertion and physical workload.

The ratings in this tool range from 0 to 10. This rating should have a linear relationship with hand force when measuring grip force. This research investigate the effects of CR-10 rating, gender, hand used, and elbow posture on grip force for middle school students. The results showed that all these factors significantly affect grip force.

Dominant hands have higher grip force than non-dominant hands for both males and females.

關鍵字：Borg CR-10, grip force, posture, gender