## Normwerte für den Nine-Hole Peg Test

### Zusatzinformation zum Artikel „Nine-Hole Peg Test“ von Kaspar Herren und Markus Kraxner (physiopraxis 1/16)

<table>
<thead>
<tr>
<th>Alter</th>
<th>Hand</th>
<th>Männern</th>
<th></th>
<th></th>
<th>Frauen</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Mittelwert</td>
<td>Tiefstwert</td>
<td>Höchstwert</td>
<td>Mittelwert</td>
<td>Tiefstwert</td>
<td>Höchstwert</td>
</tr>
<tr>
<td>20–24</td>
<td>R</td>
<td>16,1</td>
<td>13</td>
<td>22</td>
<td>15,8</td>
<td>12</td>
<td>22</td>
</tr>
<tr>
<td></td>
<td>L</td>
<td>16,8</td>
<td>13</td>
<td>23</td>
<td>17,2</td>
<td>14</td>
<td>26</td>
</tr>
<tr>
<td>25–29</td>
<td>R</td>
<td>16,7</td>
<td>14</td>
<td>21</td>
<td>15,8</td>
<td>13</td>
<td>23</td>
</tr>
<tr>
<td></td>
<td>L</td>
<td>17,7</td>
<td>15</td>
<td>21</td>
<td>17,2</td>
<td>15</td>
<td>25</td>
</tr>
<tr>
<td>30–34</td>
<td>R</td>
<td>17,7</td>
<td>14</td>
<td>24</td>
<td>16,3</td>
<td>13</td>
<td>20</td>
</tr>
<tr>
<td></td>
<td>L</td>
<td>18,7</td>
<td>14</td>
<td>24</td>
<td>17,8</td>
<td>15</td>
<td>22</td>
</tr>
<tr>
<td>35–39</td>
<td>R</td>
<td>17,9</td>
<td>15</td>
<td>26</td>
<td>16,4</td>
<td>14</td>
<td>20</td>
</tr>
<tr>
<td></td>
<td>L</td>
<td>19,4</td>
<td>14</td>
<td>28</td>
<td>17,3</td>
<td>15</td>
<td>21</td>
</tr>
<tr>
<td>40–44</td>
<td>R</td>
<td>17,7</td>
<td>14</td>
<td>22</td>
<td>16,8</td>
<td>14</td>
<td>23</td>
</tr>
<tr>
<td></td>
<td>L</td>
<td>18,9</td>
<td>16</td>
<td>24</td>
<td>18,6</td>
<td>15</td>
<td>24</td>
</tr>
<tr>
<td>45–49</td>
<td>R</td>
<td>18,8</td>
<td>15</td>
<td>24</td>
<td>17,3</td>
<td>13</td>
<td>23</td>
</tr>
<tr>
<td></td>
<td>L</td>
<td>20,4</td>
<td>15</td>
<td>27</td>
<td>18,4</td>
<td>16</td>
<td>24</td>
</tr>
<tr>
<td>50–54</td>
<td>R</td>
<td>19,2</td>
<td>15</td>
<td>22</td>
<td>18,0</td>
<td>14</td>
<td>24</td>
</tr>
<tr>
<td></td>
<td>L</td>
<td>20,7</td>
<td>16</td>
<td>25</td>
<td>20,1</td>
<td>16</td>
<td>26</td>
</tr>
<tr>
<td>55–59</td>
<td>R</td>
<td>19,2</td>
<td>14</td>
<td>25</td>
<td>17,8</td>
<td>14</td>
<td>26</td>
</tr>
<tr>
<td></td>
<td>L</td>
<td>21,0</td>
<td>17</td>
<td>27</td>
<td>19,4</td>
<td>16</td>
<td>24</td>
</tr>
<tr>
<td>60–64</td>
<td>R</td>
<td>20,3</td>
<td>15</td>
<td>25</td>
<td>18,4</td>
<td>15</td>
<td>22</td>
</tr>
<tr>
<td></td>
<td>L</td>
<td>21,0</td>
<td>18</td>
<td>27</td>
<td>20,6</td>
<td>17</td>
<td>25</td>
</tr>
<tr>
<td>65–69</td>
<td>R</td>
<td>20,7</td>
<td>15</td>
<td>29</td>
<td>19,5</td>
<td>16</td>
<td>25</td>
</tr>
<tr>
<td></td>
<td>L</td>
<td>22,9</td>
<td>18</td>
<td>30</td>
<td>21,4</td>
<td>17</td>
<td>26</td>
</tr>
<tr>
<td>70–74</td>
<td>R</td>
<td>22,0</td>
<td>17</td>
<td>30</td>
<td>20,2</td>
<td>15</td>
<td>26</td>
</tr>
<tr>
<td></td>
<td>L</td>
<td>23,8</td>
<td>16</td>
<td>33</td>
<td>22,0</td>
<td>18</td>
<td>27</td>
</tr>
<tr>
<td>75 +</td>
<td>R</td>
<td>22,9</td>
<td>17</td>
<td>35</td>
<td>21,5</td>
<td>17</td>
<td>31</td>
</tr>
<tr>
<td></td>
<td>L</td>
<td>26,4</td>
<td>19</td>
<td>37</td>
<td>24,6</td>
<td>18</td>
<td>35</td>
</tr>
<tr>
<td>Alle</td>
<td>R</td>
<td>19,0</td>
<td>13</td>
<td>35</td>
<td>17,9</td>
<td>12</td>
<td>31</td>
</tr>
<tr>
<td></td>
<td>L</td>
<td>20,6</td>
<td>13</td>
<td>37</td>
<td>19,6</td>
<td>14</td>
<td>35</td>
</tr>
</tbody>
</table>

L=Linke Hand, R=Rechte Hand; Werte in Sekunden