

# IV. Physical Function Test

## 1) Physical fitness

(Digital dynamometer, TTK5401, Takei Scientific Instruments Co., Ltd.)

Right grip strength

Left grip strength

## 2) Gait performance

(Walking analysis system, YW, YAGAMI Inc.)

Velocity at comfortable speed

### 1) Physical fitness

Right grip strength (kg)

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	43.0	7.2	216	40.7	6.5	247	36.5	6.5	235	31.2	5.7	125	38.6	7.7	823
Female	26.3	4.5	256	24.6	4.7	250	22.8	4.6	197	19.8	4.7	125	24.0	5.1	828
Total	34.0	10.2	472	32.6	9.9	497	30.3	8.9	432	25.5	7.7	250	31.3	9.8	1651

Left grip strength (kg)

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	41.2	6.9	215	39.0	6.1	246	34.6	6.3	232	29.7	5.7	124	36.9	7.4	817
Female	24.5	4.3	253	23.2	4.5	248	21.2	4.3	197	18.1	4.6	124	22.3	4.9	822
Total	32.1	10.1	468	31.1	9.6	494	28.5	8.6	429	23.9	7.8	248	29.6	9.6	1639

### 2) Gait performance

Velocity of gait with comfortable speed (m/min)

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	89.6	9.8	221	87.1	9.9	253	83.1	10.2	237	73.3	12.9	123	84.6	11.7	834
Female	85.9	9.9	257	84.7	10.1	253	80.9	10.4	196	70.6	13.1	112	82.3	11.7	818
Total	87.6	10.0	478	85.9	10.0	506	82.1	10.4	433	72.0	13.1	235	83.4	11.7	1652