

# Nine Hole Peg Test Instructions

## **General Information:**

- The Nine Hole Peg Test should be conducted with the dominant arm first.
- One practice trial (per arm) should be provided prior to timing the test.
- Timing should be performed with a stopwatch and recorded in seconds.
- The stop watch is started when the patient touches the first peg.
- The stop watch is stopped when the patient places the last peg in the container.

## **Set-up (Mathiowetz et al, 1985):**

- A square board with 9 holes,
  - holes are spaced 3.2 cm (1.25 inches) apart
  - each hole is 1.3 cm (.5 inches) deep
- 9 wooden pegs should be .64 cm (.25 inches) in diameter and 3.2 cm (1.25 inches) long
- A container that is constructed from .7 cm (.25 inches) of plywood, sides are attached (13 cm x 13 cm) using nails and glue
- The peg board should have a mechanism to decrease slippage. Self-adhesive bathtub appliques were used in the study.
- The pegboard should be placed in front of the patient, with the container holding the pegs on the side of the dominant hand.

## **Patient Instructions (Mathiowetz et al, 1985):**

- The instructions should be provided while the activity is demonstrated.
- The patient's dominant arm is tested first.
- Instruct the patient to:
  - "Pick up the pegs one at a time, using your right (or left) hand only and put them into the holes in any order until the holes are all filled. Then remove the pegs one at a time and return them to the container. Stabilize the peg board with your left (or right) hand. This is a practice test. See how fast you can put all the pegs in and take them out again. Are you ready? Go!"
- After the patient performs the practice trial, instruct the patient:
  - "This will be the actual test. The instructions are the same. Work as quickly as you can. Are you ready? Go!" (Start the stop watch when the patient touches the first peg.)
  - While the patient is performing the test say "Faster"
  - When the patient places the last peg on the board, instruct the patient "Out again...faster."
  - Stop the stop watch when the last peg hits the container.
- Place the container on the opposite side of the pegboard and repeat the instructions with the non-dominant hand.

# Nine Hole Peg Test

Name: \_\_\_\_\_

Dominant Hand (circle one): Right Left

Time to complete the test in seconds:

Date: \_\_\_\_\_ Dominant Hand: \_\_\_\_\_ Non-Dominant Hand: \_\_\_\_\_

Date: \_\_\_\_\_ Dominant Hand: \_\_\_\_\_ Non-Dominant Hand: \_\_\_\_\_

Date: \_\_\_\_\_ Dominant Hand: \_\_\_\_\_ Non-Dominant Hand: \_\_\_\_\_

Date: \_\_\_\_\_ Dominant Hand: \_\_\_\_\_ Non-Dominant Hand: \_\_\_\_\_

References:

Mathiowetz V, Weber K, Kashman N, Volland G. Adult Norms for the Nine Hole Peg Test of Finger Dexterity. *The Occupational Therapy Journal of Research*. 1985;5:24-33.