

Cover letter

March 14th 2016

To.

Editor in Chief

International Journal of Integrated Health and Science

Dear Sir,

Please find the submission of our manuscript,

Prediction of Jamar Grip Strength Value Using Modified Aneroid Sphygmomanometer Cuff Method

which we would like to submit for publication in the International **Journal of** Integrated Health Science. Herewith, we also attached *3 sets of manuscript (hard copy) and 1 CD (soft copy)*.

In this manuscript, i want to find alternative way to measure grip strength with simple instruments, but still can be compared with value that stated in literature or other journal. The standardize instrument to measure hand grip is Jamar dynamometer, but it is difficult to find and not familiar to use in Indonesia. Besides, Jamar has rigid structure that may make the disability individu uncomfortable to grip it. Modified sphygmomanometer had been valid to interchange Jamar already, but there are no prediction formula for Jamar grip strength value in adults age (20-59 years old).

Author and all co-authors have seen and agreed with the contents of the manuscript and there is no financial interest to report. We certify that the manuscript submitted is an original work and is not under review at any other publication. We thank you for considering our manuscript for publication in the International **Journal of** Integrated Health Science and look forward to hearing from you at your earliest convenience.

Sincerely yours,



(Lusia Pujianita)