

Predicted Average Peak Expiratory Flow (liters per minute)

NORMAL MALES*

AGE (YEARS)	HEIGHT				
	(in) 60" (cm) 152	65" 165	70" 178	75" 191	80" 203
20	554	575	594	611	626
25	580	603	622	640	656
30	594	617	637	655	672
35	599	622	643	661	677
40	597	620	641	659	675
45	591	613	633	651	668
50	580	602	622	640	656
55	566	588	608	625	640
60	551	572	591	607	622
65	533	554	572	588	603
70	515	535	552	568	582
75	496	515	532	547	560

NORMAL FEMALES*

AGE (YEARS)	HEIGHT				
	(in) 55" (cm) 140	60" 152	65" 165	70" 178	75" 191
20	444	460	474	486	497
25	455	471	485	497	509
30	458	475	489	502	513
35	458	474	488	501	512
40	453	469	483	496	507
45	446	462	476	488	499
50	437	453	466	478	489
55	427	442	455	467	477
60	415	430	443	454	464
65	403	417	430	441	451
70	390	404	416	427	436
75	377	391	402	413	422

*Nunn AJ, Gregg I: *Brit Med J* 298 1068-70, 1989.

NORMAL CHILDREN AND ADOLESCENTS†

HEIGHT (in) (cm)	MALES & FEMALES	HEIGHT (in) (cm)	MALES & FEMALES	HEIGHT (in) (cm)	MALES & FEMALES
43	109 147	51	130 254	59	150 360
44	112 160	52	132 267	60	152 373
45	114 173	53	135 280	61	155 387
46	117 187	54	137 293	62	157 400
47	119 200	55	140 307	63	160 413
48	122 214	56	142 320	64	163 427
49	124 227	57	145 334	65	165 440
50	127 240	58	147 347	66	168 454

These tables are only a guideline. The National Asthma Education and Prevention Program recommends that a patient's personal best be used as a baseline reading. Personal best is the maximum peak flow rate that patients can attain when their asthma is considered to be under control.

† Polgar G, Promadhat V: *Pulmonary Function Testing in Children. Techniques and Standards*. Philadelphia, W.B. Saunders Company, 1971.