

## APPENDIX. Predicted Average Peak Expiratory Flow

**Note:** These charts are for informational purposes only. Spirometry should be used for diagnosis and staging. "Personal best" measures should be used for the asthma treatment plan.

### A. Predicted Average Peak Expiratory Flow for Normal Children and Adolescents (liters/minute)

Height (inches)	Males & Females	Height (inches)	Males & Females
43	147	56	320
44	160	57	334
45	173	58	347
46	187	59	360
47	200	60	373
48	214	61	387
49	227	62	400
50	240	63	413
51	254	64	427
52	267	65	440
53	280	66	454
54	293	67	467
55	307		

Adapted from: Polger G, Promedhat V: *Pulmonary function testing in children: Techniques and standards, Philadelphia. W.B. Saunders, 1971.*

### B. Predicted Average Peak Expiratory Flow for Normal Males (liters / minute)

AGE	HEIGHT				
	60"	65"	70"	75"	80"
20	554	602	649	693	740
25	543	590	636	679	725
30	532	577	622	664	710
35	521	565	609	651	695
40	509	552	596	636	680
45	498	540	583	622	665
50	486	527	569	607	649
55	475	515	556	593	634
60	463	502	542	578	618
65	452	490	529	564	603
70	440	447	515	550	587

Adapted from: Leiner GC, et al.: Expiratory peak flow rate. Standard values for normal subjects. Use as a clinical test of ventilatory function. *Am Resp Dis* 88:644, 1963.

### C. Predicted Average Peak Expiratory Flow for Normal Females (liters / minute)

AGE	HEIGHT				
	55"	60"	65"	70"	75"
20	390	423	460	496	529
25	385	418	454	490	523
30	380	413	448	483	516
35	375	408	442	476	509
40	370	402	436	470	502
45	365	397	430	464	495
50	360	391	424	457	488
55	355	386	418	451	482
60	350	380	412	445	475
65	345	375	406	439	468
70	340	369	400	432	461

Adapted from: Leiner GC, et al.: Expiratory peak flow rate. Standard values for normal subjects. Use as a clinical test of ventilatory function. *Am Resp Dis* 88:644, 1963.