



Is mousing a big pain?

It shouldn't be! Your workstation can be adjusted to minimize physical stress, force, and repetition. Mouse positioning and design are major issues contributing to pain. Here are some guidelines for frequent mousers:

Do maintain a natural wrist position.

Do make sure you can operate your pointing device without stretching your arm or moving your body in awkward positions.

Do make sure you have enough room on your keyboard tray for a mouse; if you don't, it forces you to put the mouse where it's difficult to reach.

Don't press your hand or wrist against any hard edges.

Don't keep your arm constantly tensed while using the device, as this can tire the muscles and lead to injury.

Experiencing shoulder or wrist pain?

Find relief by switching your mouse



ROLLER

Roller Options allow you to control the cursor by gently moving the rollerbar with your fingertips. It sits in below your keyboard, eliminating the need to reach for the mouse, which can stress your neck, shoulders, elbows, and wrist. Everything you need to control your computer is right in front of you.



VERTICAL MOUSE

Vertical Mousing places the whole hand, wrist, arm, and fingers in a natural, relaxed posture to reduce carpal tunnel syndrome and elbow or arm strain.



TRACKBALL

Trackballs are stationary devices that use a small rolling ball to move the cursor onscreen. They're operated by your thumb or fingers instead of your arm, thus reducing the distance your shoulder must travel (they're often a welcome alternative for people experiencing mouse-related arm or shoulder pain). Since they're stationary, trackballs also require less desk space than a traditional mouse. Many trackballs come with multiple buttons that can be assigned keystrokes to help reduce keyboard use.



LASER MOUSE

Laser Mouse Laser tracking responds to the slightest hand movement with amazing accuracy and it does so on virtually any surface: white or black, solid or pattern, shiny or matte. Laser illumination tracks flawlessly on a high-gloss surfaces that LED-based mice simply can't negotiate. Ideal for graphics and precise point-n-click.



DIFFERENT-SIZED MICE

Different-sized Mice allow a custom fit to large, small, left, or right hands. Mice now come in multiple sizes, just like human hands do. They can now accommodate the 5th percentile female (Small), to the 95th percentile male (Extra-Large). Having the right size mouse reduces strain.



WIRELESS

Wireless mice offer freedom since there are no cords to clutter your desk, and they allow users to work nearly anywhere in the room. Because there are no cords, the mouse can be placed in a more natural position easily transforming just about any surface into your workspace.