

## The Mouse Trap Of Ergonomics

Posted in: Mouse Use

It's hard to believe that 20 years ago, computers weren't used much at work and the mouse had only recently been invented (1984). Today, using the mouse is a fundamental part of the workday. Unfortunately, intensive use of these or other secondary input devices can be a source of discomfort or pain. Hopefully, our advice will keep you from feeling the pain of the mouse trap.

### BEWARE the mouse "trap"

- ✓ Do you have a love/hate relationship with your mouse?
- ✓ Do you have more quality contact time with your mouse than your spouse?
- ✓ Here are the fast facts on this workplace pest.

### Get a grip

- ✓ Your mouse position and set-up dictates your shoulder and wrist posture.
- ✓ Your work habits can make the problem worse.
- ✓ Park your wrist in 'neutral' and relax your grip on the wheel.
- ✓ Inhale, exhale, repeat as necessary.

### The wedge or the putter?

Standard mice fit most people's hands and meet the demands of day to day computing. However, if you're a high intensity computer user or have discomfort, alternative input devices can help you minimize the stress on your wrist and arm.

### Shadow puppets

Once you understand that repetition and awkward postures can lead to discomfort – what can you do to manage? Stretching and exercises can help to ease the tension in overworked muscles.



**ERGORISK**

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