

YOUR MOUSE IS BITING YOU

How repeated mouse use leads to injury (and how to fix it)

PHYSICAL STRESS

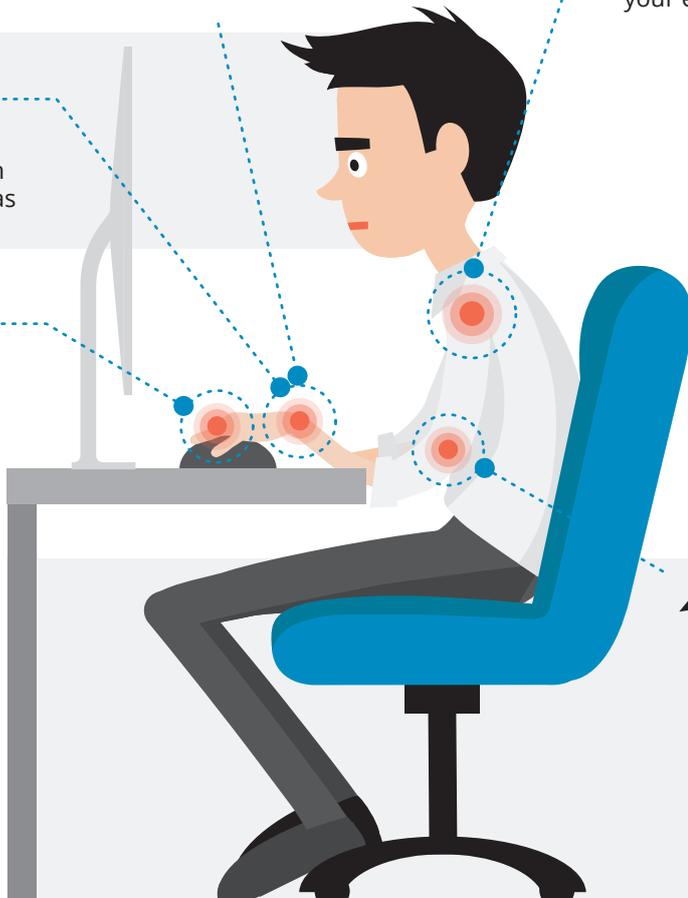
ONLY USING A FEW MUSCLES LEADS TO:
Increased risk for repetitive strain injury - RSI

"WHOLE HAND GRIP" REQUIRED BY A MOUSE LEADS TO:
a biting pain in your fingers, wrist or hand

"MOUSE SHOULDER":
Because a mouse moves around to work, we have to reach for it and physically move it around to move the cursor on screen, using muscles in your elbow and shoulder leads to:

UNSUPPORTED WRIST LEADS TO:
Soft tissue compression on the typo carpal tunnel areas

"MOUSE FINGERS":
Index finger injuries from repetitive clicking and gripping. Fingers feel numb or swollen even if they don't look it. Repetitive use can lead to burning sensation, and difficulty picking up or holding small objects



- Pain in one shoulder (Mouse shoulder)
- Tightness in shoulder blades and upper back
- Pain in forearm
- Loss of strength in hands
- Numbness and tingling in fingers and hands
- Muscle spasms

LOTS OF SMALL, EXACT MOVEMENTS REPETITIVELY LEADS TO:
Pain/soreness in fingers, top of the hand, wrist, forearm, and in the elbow



MENTAL STRESS

BORING
Mice add to desk boredom because most lack style

MORE EXPENSIVE
Have to be replaced more often than stationary options, ultimately costing you more

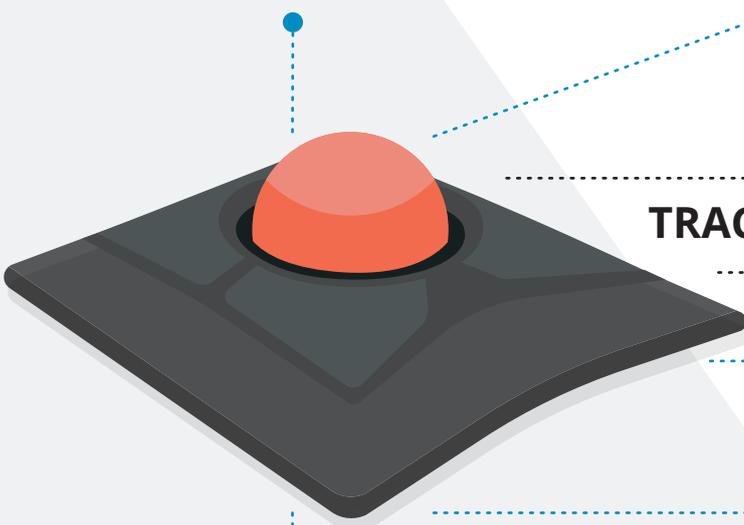
ANNOYING MOVEMENTS
Mouse pointers are more likely to have accidental movements



STOP THE BITE

YOUR HAND RESTS, NOT GRIPS,
a trackball or vertical mouse rather than hauling around in an unnatural position

LOOKS UNIQUE
and comes in multiple colors and designs so you can keep a sleek desk with creative pops. Much better for Instagram!



TRACKBALLS & VERTICAL MICE

TRACKBALLS LAST LONGER
with their durable frame and less overall movement

TRACKBALLS AND VERTICAL MICE HELP YOU MAINTAIN NATURAL SHOULDER POSITION,
you don't have to reach for them or haul them around your desk and your hand isn't forced into unnatural positions

Shape was designed to
BETTER SUPPORT WRISTS

SOURCES:

PainDoctor.com: <https://paindoctor.com/mouse-shoulder/>, LiveStrong: <https://www.livestrong.com/article/218011-how-to-exercise-the-mouse-finger/>, Canadian Center for Occupational Health & Safety: https://www.cchs.ca/oshanswers/ergonomics/office/mouse/mouse_problems.html, Ergo Vancouver: <https://www.ergovancouver.net/Problems-Fingers.html>