

Ergonomic Mouse Shopping Tip Sheet

What to look for when you shop:

- Look for a mouse labeled “**Ergonomic Mouse.**”
- Look for an ergonomic mouse that keeps your thumb and index finger supported, with a groove that keeps the thumb straight and fingers resting in a “C” position. When holding the mouse, you should not be bending your thumb and ring finger to operate the mouse.
- MOD Solution Favorites, which can be found at www.airtech.net, include:
 - Micro Intellimouse Explorer with tilt wheel/platinum
 - Logitech MX 400 Performance Laser Mouse—931638-0403
 - Logitech MX 610 Laser Cordless Mouse—931350-0403

Give each ergonomic mouse a test drive and look for the following:

- You should be able to place your hand on the mouse and find your fingers and thumb resting on the mouse buttons. Can you program all the mouse functions to your physical advantage?
- Does the physical design of the mouse have a groove that holds the thumb and the thumb joints comfortably? Your thumb and thumb joints should lie easily in a straight line.
- The two arches of your hand should be supported.
- Your hand should rest comfortably and naturally, from wrist to fingertips; you should not feel that you need to close your hand around the mouse.
- Make sure the mouse is right for the length of your fingers, which should not touch the end of the mouse. The fingers, especially the first (index) finger, should bend only at the knuckle to activate a left click.
- Test drive the mouse on an actual desk, not on the store shelving. Make sure that as you hold the mouse, your wrist is not bent and your forearm is parallel to the floor. When a mouse does not fit, you will find yourself grasping it with the thumb and ring finger. This should be avoided.
- A wrist pad should not be needed if you have a neutral wrist, and your elbows are supported by arm rests. With the forearm parallel to the floor, the elbow will be supported and the wrist in a neutral position.
- Mice with track balls should be avoided, or changed out every 4 to 6 weeks with another mouse that does not have a roller ball. This will allow your hand muscles to work differently with each mouse.