

Are you experiencing **Wrist Pain**?

Symptoms: Wrist pain, tingling and numbness in the Fingers and pain extending up the arms



Deskercize Solutions:

1. Check your keying and mousing position so that your shoulders are relaxed, arms at a slightly open angle (100° to 110°), elbows by your side, and the wrists straight with fingers arched while keying. A Keyboard Arm & Platform will aid in this adjustment. When positioned properly, the keyboard should be placed above laptop level to allow your arms to tilt downward while leaving your elbows at a comfortable open angle (100° to 110°). A slightly negative keyboard tilt will encourage a neutral wrist position. To avoid a positive tilt, make sure the legs on the back of the keyboard are in a lowered position.
2. Adjust your chair height or keying surface to achieve the correct keying position. The keying surface can be adjusted by using Desk Risers, Keyboard Arm & Platform or Adjustable Tables.
3. Position the mouse on the same surface and directly adjacent to the keyboard. For those that do not use the 10-key frequently, a Mouse Bridge offers a low cost solution to positioning the mouse directly over the 10-key portion of the keyboard, thereby minimizing arm extension while mousing.
4. Take periodic rest breaks and stretching exercises to minimize extended periods of repetitive keying and mousing tasks. Stretch Break Software is available to remind you to take periodic breaks by performing a series of low-impact stretches.
5. Arch fingers and float hands across the keys while keying. Avoid planting the hands and wrists on a Wrist Rest while keying.

REACH OUT AND TOUCH YOUR FINGERS - Do each hand individually. Touch the tip of your thumb to the tip of each finger in turn, making the circle as round as you can. Straighten your fingers in between touching each finger.