



Artistic ADVANTAGE

PERSONALIZED HAND THERAPY | PERFORMING ARTS MEDICINE

Problems with Keying and Mousing

Common Problems:

Posturing: Slouching in chair:



Planting: Anchoring at wrists



Pivoting: Bending at the wrists:



Solutions:

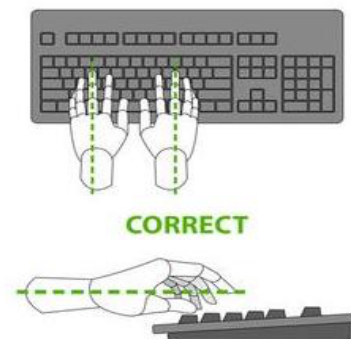
Sit in good alignment:



Float your wrists:



Kep Neutral Wrists:



Palming: Gripping mouse in bent positions



Keep Neutral Wrist:

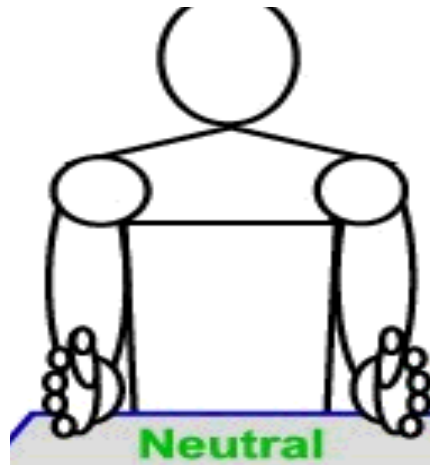
Keep your wrist straight



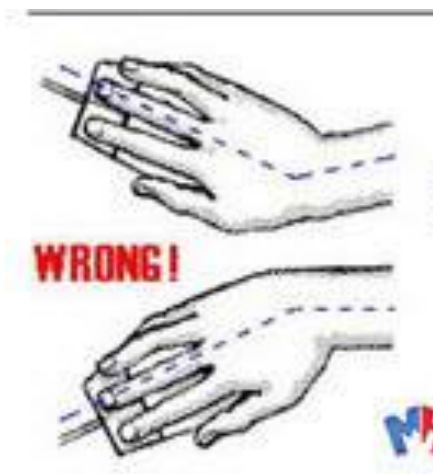
Placing: Resting your wrists



Roll to Rest:



Positioning: Mousing with Wrist



Shoulder Mousing

