



No More Pain  
Ergonomics

# GUIDE TO PICKING THE RIGHT ERGONOMIC MOUSE

A COMPREHENSIVE GUIDE ON HOW TO CHOOSE THE  
RIGHT ERGONOMIC MOUSE, FOR YOUR COMFORT

Ergonomics is designing your environment, your daily activities, and your time to reduce poor posture and minimise the risk of workplace injury or illness.

By the end of this guide you will have knowledge on:

- The benefits of using an ergonomically designed computer mouse
- What features and functions you should look for in the right ergonomic mouse

**The purpose of an ergonomic set-up is to customize the work area to fit you.**



## Section 1

# BUT WHY AN ERGONOMIC MOUSE?

A mouse that's the right ergonomic fit for your hand, can significantly help:

- **Reduce the risk of developing a repetitive strain injury**
- **Aid in the recovery from a repetitive strain injury**
- **Improve overall user comfort and experience when using a computer**

“The most common questions we get asked by our customers is “How do I know which Ergonomic Mouse is right for me?”

With so many unique and wonderfully designed products now on the market, choosing the right ergonomic mouse for you, may not be an easy decision.

To help you make the best choice for your specific aches, pains or discomfort, we've created a simple guide to help you pick the right ergonomic mouse for your symptoms and needs.

## What Exactly is an Ergonomic Mouse?

The way we use our computer significantly impacts on our level of comfort. In this time of age, it is not uncommon to spend in excess of 8 hours each day working on a computer. The repetitive movements and sometimes static postures can take their toll on your wrists, fingers, forearms, elbows and shoulders.

An ergonomic mouse is a category of computer mice that have been specifically designed to reduce muscle strain and improve user comfort (while using the mouse). They achieve this by changing the posture of the users hand, wrist, fingers and forearm when using the mouse.

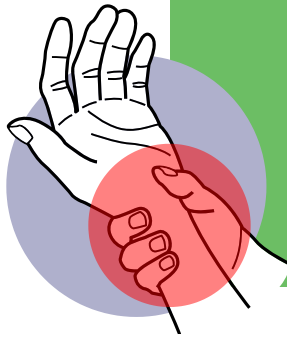
Typically, this change in posture is to one of a more natural posture that people often report as “more comfortable” than the hand position used for a traditional mouse. If you are experiencing aches and pains in your wrist, hands, forearm, elbows or shoulders, you may find that by simply changing the position of your hand can help to reduce or even eliminate it.



## Section 2

# DO I NEED AN ERGONOMIC MOUSE?

If you experience aches, pains, fatigue or discomfort when you use a traditional computer mouse, then the answer is yes. These are all early signs of repetitive strain injuries that can easily develop over time.



### Signs & Symptoms of Repetitive Strain Injuries:

- ✓ Aching muscle pain
- ✓ Worse when using a computer
- ✓ Often Settles over weekend when not using a computer
- ✓ Develops into pins and needles / burning pain over longer term

# ARE ERGONOMIC MICE BETTER THAN TRADITIONAL MICE?

## What's the big deal?



Traditional mice are designed to be operated using your dominant hand and feature 2 buttons (left / right click) and a scroll wheel.

**They are designed to be used in a working posture that requires significantly more muscle activation than compared to the working posture used for an ergonomic mouse.**

Furthermore, traditional mice tend to come in fewer sizes and shapes, meaning the user has to operate the mouse with a set posture - which can sometimes be awkward or cause the user discomfort. Sure, some people do not find traditional mice uncomfortable and can happily operate a computer with a traditional mouse for prolonged periods without any discomfort, however this is not the case for others.

There is a subsection of the population who experience discomfort, aches and pain when they use a traditional mouse, largely due to the strain placed on their muscles and joints by the awkward posture traditional mice require.

# IT'S IN THE DESIGN

Ergonomic Mice are designed with your body's biomechanics in mind. They have been designed to place your wrist, forearm, fingers, elbow and shoulders in working postures that are more comfortable and safer for prolonged use.

Ergonomic mice come in many shapes, sizes and varieties, meaning the user is able to select a mouse that best suits their particular needs. This sort of customization to the users body is not possible with traditional mice. Ergonomic mice promote a more natural grip, meaning there is less likelihood of discomfort, aches or pains for the user.



## How does an Ergonomic Mouse Work?

If your wrist pain just won't go away, then maybe it's time to make the switch to a vertical mouse. Vertical mice are designed to help reduce the discomfort of using a computer mouse by changing the posture of your hand and forearm. The vertical design rotates your forearm into a more neutral posture.

**When your forearm is in a neutral position, using a computer mouse is suddenly more comfortable. Why?**

Well there are several muscles in your forearm that attach at the base of your arm and into your hand. These muscles control your hand and are activated with tasks such as gripping a computer mouse. When you use a traditional computer mouse, your arm is in a pronated posture. This posture causes the muscles in your forearm to contract more and creates more tension in them.

With extended use of your computer mouse and your forearm muscles, they can quickly become fatigued and aches and pains can kick in.

## Luckily, the solution is quite simple.

By simply changing your working posture to be more neutral, you will immediately notice a difference. Your forearm will feel less tense and your hand will feel more relaxed... because it is! A vertical mouse is the perfect solution for you if you are experiencing aches or pains in your wrist, hand or forearm and spend extended periods of time using a computer mouse.



# HOW TO PICK THE RIGHT ERGONOMIC MOUSE?

## Consider your hand size

When selecting an ergonomic mouse, it is important to consider the size of your hand and the size of the ergonomic mouse. An ergonomic mouse that is too large for your hand will cause your fingers to stretch when using it.

Likewise, an ergonomic mouse that is too small for your hand will increase the level of gripping required to secure the mouse. Both of these factors can cause discomfort and pain in the wrist and forearm. By simply measuring your hand size, you can quickly identify if you will require a large ergonomic mouse or whether a standard sized ergonomic mouse will be appropriate.

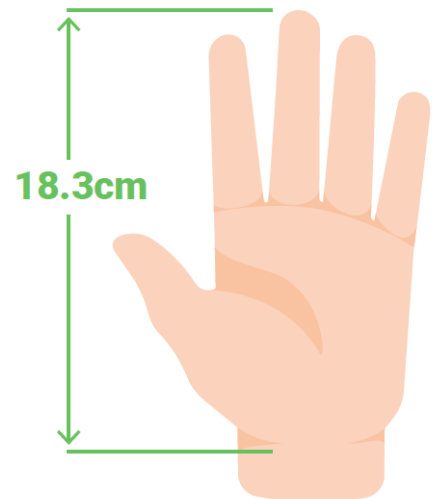
**To measure your hand size, simply take a measurement from the base of your wrist / palm to the top of your middle finger.**

If this measurement is 15cm or below then you are best suited to a small ergonomic mouse. For medium it's 15 - 17.8cm and if your hand is greater than 17.8cm then a large ergonomic mouse will fit you nicely.

### Example

The hand to the right belongs to Joey. His hand is 18.3cm from wrist to middle finger. Therefore Joey would need a large ergonomic mouse.

Note: retailers will usually display the size of a mouse, use this to determine.



## WHAT ABOUT SMALL HANDS?

Small hands? Need not worry, we have a range of ergonomic vertical mice that are designed for users with smaller hands.

from  
**\$85**



### ERGO COMFI VERTICAL ERGONOMIC MOUSE

- DPI SETTING
- CAREFULLY MOLDED FOR SMALL HANDS

from  
**\$85**



### DELUX MINI VERTICAL MOUSE

- VERY RESPONSIVE
- MULTIPLE DPI SETTINGS
- MATT FINISH

# MEDIUM SIZE ERGONOMIC MICE

Most people fall into the medium size hand category and luckily for these people, there are plenty of good options when it comes to ergonomic mice.

Our recommendations below are based upon considering price, quality and user features.

## DELUX VERTICAL ERGONOMIC MOUSE

- ELIMINATES WRIST & HAND PAIN
- REDUCES THE TENSION/PAIN WITHIN YOUR WRIST AND FOREARM MUSCLES

**\$85**

- WIRELESS USB
- RIGHT HANDED
- MEDIUM SIZE



from **\$85**

- WIRELESS USB
- RIGHT + LEFT HANDED
- MEDIUM SIZE
- LARGE SIZE



## EASE VERTICAL ERGONOMIC MOUSE

- DPI SETTING
- SLIM GRIP + MATT FINISH

**\$90**

- WIRELESS USB
- RIGHT HANDED
- MEDIUM SIZE



## DELUX MEDIUM X VERTICAL MOUSE

- MULTIPLE DPI SETTINGS
- MOLDED THUMB REST

**\$80**

- WIRELESS USB
- RIGHT HANDED
- MEDIUM SIZE
- LARGE SIZE



## THUMB WHEEL ERGONOMIC MOUSE

- THUMB OPERATED SCROLL WHEEL
- ELIMINATES THE NEED FOR INDEX FINGER TO SCROLL

# ERGONOMIC MICE FOR LARGE HANDS

For the people with a hand that is greater than 17.8cm, the below recommendations would suit perfectly. These selections can also be used by people with medium to large hands.



## ERGOFEEL VERTICAL ERGONOMIC MOUSE

- PERFECT EVERYDAY MOUSE
- REDUCES WRIST AND HAND PAIN



## EASE VERTICAL ERGONOMIC MOUSE

- DPI SETTING
- SLIM GRIP + MATT FINISH

## WHY BUY FROM US?

No More Pain Ergonomics is one of the leading ergonomic equipment retailers and we have many great reasons to buy from us. We are a fast growing company because we always put our customers first. We help each and every customer to help solve their aches and pains - it's what we do best. Shop with us today and experience the difference.

- We use a leading national fulfillment center to ship your order. This means you will be receiving your new ergonomic product within days of placing your order.
- 100% Secure and Safe Online Shopping
- Expert Advice to help you eliminate your Aches and Pains
- Brand new innovative products, we only stock the best products available.
- Tons of satisfied customers and product reviews
- Quality products that make a difference. You will love our products!
- 100% Satisfaction Money back guarantee.
- All items in stock & ready to ship
- We've helped over 40,000 people eliminate their aches and pains. We must be doing something right!
- The bottom line is we love our customers, and our customers love our products!







## Still have questions?

Feel free to get in contact with us. We are always happy to provide advice on what ergonomic product will best suit your specific condition and best of all, this advice is free of charge.



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No More Pain  
Ergonomics

Work Comfortably. Work Productively.