

How to Measure your Hand Size

To ensure health practitioners are providing the most individualised, accurate, and client-centred approach to assessment and product recommendation, here at No More Pain Ergonomics, we have created a simple assessment tool to measure a client's hand size. From this measurement, health practitioner's will be able to select the most suitable mouse that will be the most comfortable fit for their client.

Why is a client's hand size so important in choosing a mouse? Choosing a mouse that is too small for the client can cause pain from recurrent action and inappropriate over-extension of the fingers using the scroll wheel and left and right buttons. Procuring a mouse that is too large for the client's hand size will be non-functional as the client would not be able to reach the left and right buttons to perform their mouse tasks. A well sized mouse will allow the fingers and hand to relax in a neutral hand and wrist position and grip.

To begin: to measure a person's hand size, we simply need one piece of equipment – **a ruler**.

Firstly, we ask the client to place the hand they most predominantly use for their mouse out. Ensure the hand is palm up, ensuring no radial or ulnar deviation.

Then, place the ruler, numbers up, on their palm.

Have the beginning of the ruler placed at the base of the wrist where there is a wrist crease line. Then measure to the tip of their middle finger

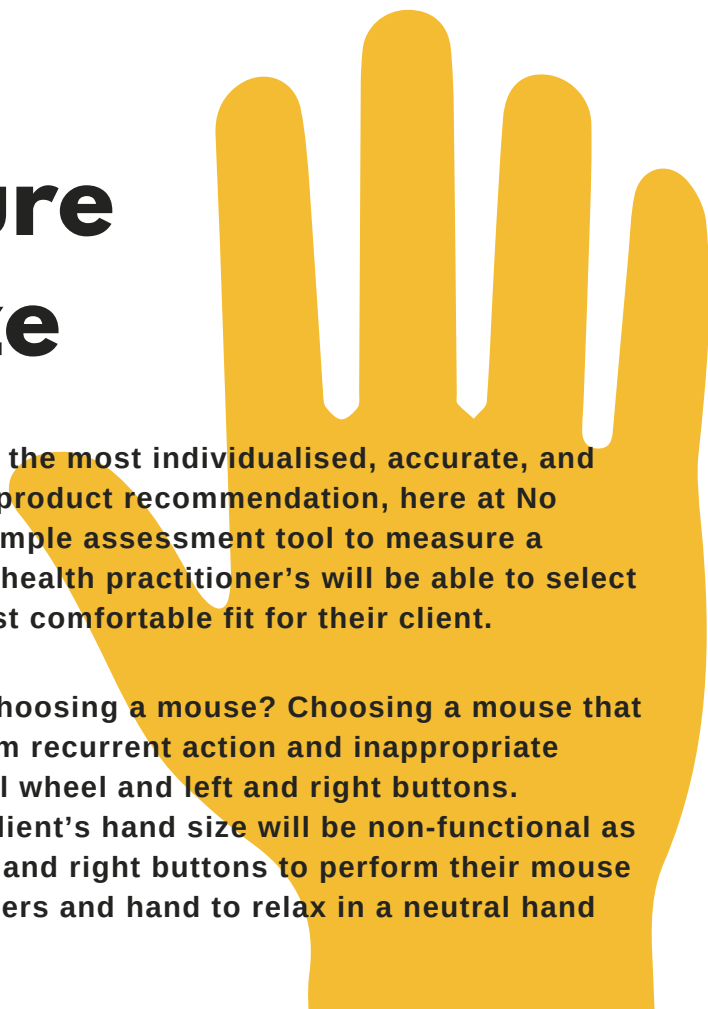
If the measurement is **below 15cm** – this is classified as a small hand size and are suitable to our small mouse collection

If the measurement is **between 15-17.8cm**, the hand size is in the medium range and are suitable for our medium sized mice collection

If the measurement is **above 17.8cm** in length, the hand size is in the large range and this hand is suitable to our large mice collection.

A great tip is to colour a wooden ruler with these measurements to make the assessment easier to follow, and a clear indication to the client on their results.

Once we have this result, we can now look at our mouse range specific to that hand size and any other conditional factors to find the best solution for the clients.





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