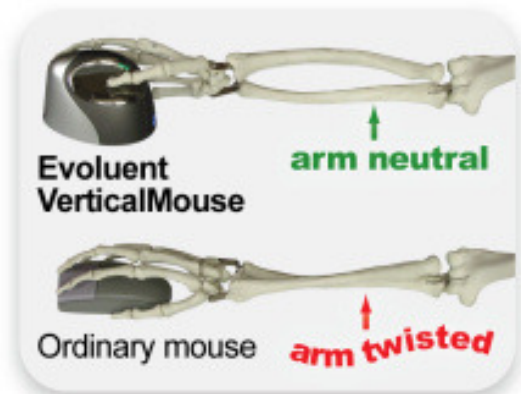


ALLEVIATING STRAIN AND PAIN WHILST MOUSING

PRODUCT REVIEW: Evoluent Mouse

Many of our patients use their mouse for extended periods of day and don't give too much thought to the type of mouse they are using and the mousing position. Long hours of computer use can lead to overuse and repetitive strain injuries to the wrist, forearm, shoulder and neck. The Evoluent Mouse is one of the most popular devices on the market to relieve and prevent RSI, shoulder, wrist, and forearm pain. The Evoluent Mouse is an effective ergonomic aid that helps the user to maintain a good upper body position whilst using the computer.

When using a standard mouse the forearm is placed in an unnatural and twisted position. Not only does this place strain on the bones and muscles of the wrist, forearm and hand, it can also negatively alter the position of the shoulder blade and cause tightness of the shoulder muscles. Using a standard mouse can also cause the user to rest their wrist on the desk surface exposing the carpal tunnel (underside of the wrist/ forearm) to compressive stress. This can lead to repetitive strain through the wrist and forearm.



The Evoluent Mouse is held sideways, therefore it is classed as a "vertical mouse". This supports the users arm in a neutral position so muscles and tendons are not twisted and the elbow can be kept at its optimal position. It is shaped for comfort and contours to the hand. When using this mouse it forces the user to move the mouse with the shoulder rather than the wrist. This helps to minimise the strain through the wrist and forearm as well as encouraging blood circulation.

The Evoluent Mouse is available in two sizes for the right hand, a small and standard size, which allows for maximum comfort during mousing tasks. The standard sized right handed mouse is also available in a wireless model. For those users who mouse with the left hand, a wired standard left hand version of this mouse is available.

Purchase of these products may be made online

Mouse	Link
Right Handed Evoluent Mouse Standard	http://www.bodysmart.com.au/showProduct/06+Mice/Mice/DMER/Evoluent+VerticalMouse+4+Right+Handed
Right Handed Evoluent Mouse Small	http://www.bodysmart.com.au/showProduct/06+Mice/Mice/DMERS/Evoluent+VerticalMouse+4+Small+%28Right+Handed%29
Right Handed Evoluent Mouse Standard Wireless	http://www.bodysmart.com.au/showProduct/06+Mice/Mice/DMERW/Evoluent+VerticalMouse+4+Wireless+%28Right+Handed%29
Left Handed Evoluent Mouse Standard	http://www.bodysmart.com.au/showProduct/06+Mice/Mice/DMEL/Evoluent+VerticalMouse+4+Left+Handed

If you are interested in purchasing the Evoluent Mouse or are keen to find out more on this great product please feel free to stop in at Bodysmart Health Centre located at Level 3, 220 St Georges Terrace, Perth and our friendly staff will be able to assist you.

Unsure whether this product would be suitable for you?

Did you know that Bodysmart has trial products available? Contact admin@bodysmart.com.au if you would like to trial this product in your workplace or if you require an ergonomic assessment.

