

If your mousing hand is sore...

It may be related to a non-neutral, reaching posture and/or sustained gripping of the mouse. This can cause muscle fatigue (reduced blood flow) to the small muscles of the hand. Here are some things you can do to mitigate this:

- **Get your hand off the mouse often** – e.g. while reading an email or thinking about the document you're composing, let go of the mouse. This allows the hand to relax so that blood flow can be restored
- Ensure the **mouse is in close** to your keyboard to reduce reach
- Consider using a **smaller keyboard** (~12" wide) to position mouse closer/reduce reach
- **Grip** the mouse **lightly**
- Use **shortcut keystrokes** in lieu of mousing https://www.injurypreventionplus.com/_files/documents/ipp-keyboard-shortcuts.pdf
- Stretch often https://www.injurypreventionplus.com/_files/documents/IPP%20Exercise%20Strip%2011x2%205-bilingual.pdf
- **Remove pressure** points from under the wrist (ensure elbows /hands are in line with worksurface height)
- Switch the mouse to your **opposite hand**
- Consider an **alternative pointing device** such as a vertical mouse, Rollermouse or trackball

If your lower back is sore...

- **Stand at least every half hour**
- **Extend your lower back** to reduce disc bulging
- Use a **lumbar support** - a rolled up towel can work
- **Move your chair in close** to the work surface to neutralize your spinal posture & reduce reach (elbows should be aligned with shoulder & head while hands are on keyboard)



If your neck & upper back are sore...

- **Check your head posture:** are you inclining your head to read? If so, move the screen closer.
- **Enlarge** your default **font** settings so text is easier to read; this may encourage more neutral posture
- **Raise your laptop screen** or use an **external monitor** so that top of screen is at eye height and a comfortable distance (5-6" below eye level if wearing progressive lenses)
- **Move your chair in close** to the work surface to neutralize your spinal posture & reduce reach (elbows should be aligned with shoulder & head while hands are on keyboard).
- You may be able to **get some arm support from the work surface** or **armrests** (if you have them) to reduce holding/fatigue through the upper shoulder muscles
- Do the **chin tuck exercise** intermittently to correct head/neck posture and reduce load on discs
- Do the **neck side bend** stretch to restore blood flow to tired muscles



General tips

Interrupt sedentary activity with light activity that involves movement

Stand to answer the phone or to read paper documents

If standing to work, don't stand for > 30-45 minutes at a time

Stand for teleconferences; use your ear piece and walk during part of the teleconference

Stand and do a few stretches every 30-45 minutes

Get outside for a walk (2 meters apart!)