

Problems with Keying and Mousing

Common Problems:

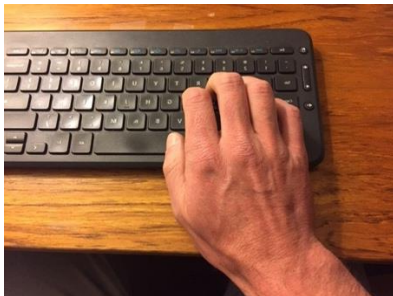
Posturing: Slouching in chair



Planting: Anchoring at wrists

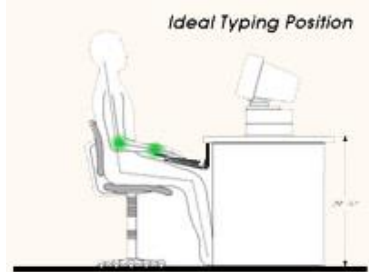


Pivoting: Bending at the wrists

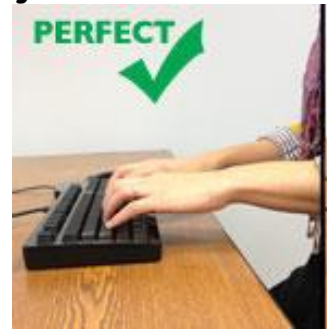


Solutions:

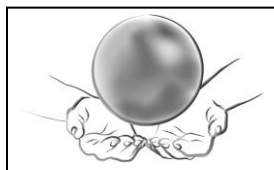
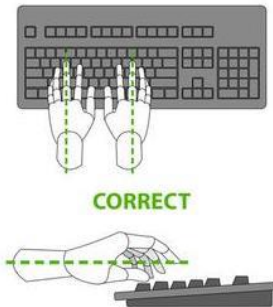
Sit in good alignment:



Float your wrists:



KeeP Neutral Wrists:



Artistic Advantage
Martha Paterson OTR/L, CHT • 818-
955-8303
www.ArtisticAdvantage.com

*** This is a customized plan issued under medical supervision ***

Palming: Gripping mouse in bent positions



Keep Neutral Wrist:

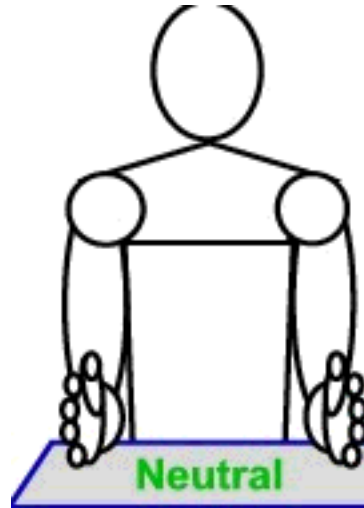
Keep your wrist straight



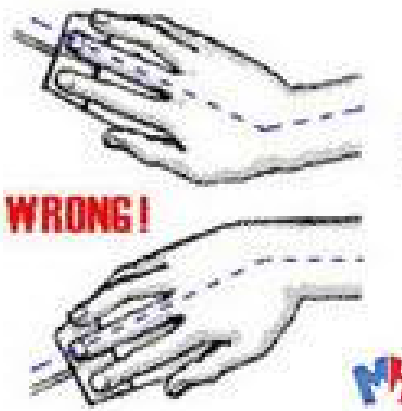
Placing: Resting your wrists



Roll to Rest:



Positioning: Mousing with Wrist



Shoulder Mousing:

