



# Which Keyboard is Right for You?

Clearly, it's an ever changing world when it comes to **keyboard** choices: Wired, Wireless, Split, Standard, Mac, PC, Tented, Portable, Multi-Media, Back-lit, QWERTY, DVORAK, Mini, Foldable, and even virtual. So, how do you know which one **fits** your needs for the long haul?

Check out our list of keyboards and their **pros** and **cons**!

## Keyboard



### Standard Keyboard



- Often comes with computer
- Familiar layout
- Relatively inexpensive

- Tendency to be off-centered
- Mouse on right may cause shoulder extension
- Not easily portable

### Split Keyboard



- Promotes neutral wrists
- Avoids internal rotation of shoulder
- Brings mouse closer to shoulder

- Layout can seem unfamiliar
- Not all split keyboards fit keyboard trays
- Full-size split keyboards can place mouse too far to the right

### Mini Keyboard



- Brings mouse closer to the body
- Great external keyboard for laptops
- Easy to transport

- May be too small for some
- 10-Key needs to be purchased separately
- Layout can seem unfamiliar

### Keyboard with Mouse



- Eliminates reaching for mouse
- Great choice for laptops
- Easy to transport

- May promote planting of wrists
- 10-Key needs to be purchased separately
- Layout can seem unfamiliar

### Wrist Rests



- Promotes neutral wrist position
- Avoids resting wrists on hard edges
- Gives hands a resting place

- Places pressure on carpal tunnel area
- Promotes isolated finger and wrist movements
- Promotes "waiting hand" (wrist on wrist rest, fingers in the air)