

Which Mouse is Right for You?

With a multitude of options, choosing a **mouse** that is right for you can seem a bit overwhelming! Do you go with a traditional hand held mouse, Optical, Laser, Wireless, With scrollbar, Ergo Mouse, Roller Bar, Trackball, Track Pad, Joy Stick, Right handed, Left handed, Portable, Foot Mouse, Head Mouse? No mouse at all?

check out our list of mice and input devices and their **pros** and **cons**!



Mouse



Traditional Mouse



- Familiar look and feel
- Less expensive option
- Often comes with keyboard

- May cause shoulder rotation & extension
- May cause strain on fingers & bend back wrist
- Design can promote tendency to over grip

Travel Mouse



- Portable
- Light weight
- Often wireless

- May be too small for prolonged use
- May cause over gripping
- May cause undue strain on wrists and fingers

Vertical Mouse



- Promotes neutral wrist and arm position
- Promotes whole hand & arm movements
- Easy to rest hand and loosen grip

- Can be expensive
- Arm may fatigue with lack of support
- Thumb is prone to overuse

Track Ball



- Promotes neutral wrist
- Stationary position minimizes wrist motions
- Reduces "death-grip" syndrome

- Can be expensive
- May promote isolated finger movements
- Cursor control can feel compromised

Roller Mouse



- Frontal positioning promotes easy reach
- Promotes neutral wrists
- Negates shoulder turn out

- Can be expensive
- May take some getting used to
- May promote flaring elbows and shoulder extension.

Tablet Mouse



- Precise and accurate
- Great for graphics work
- Can be used on any surface including lap

- Takes getting used to
- Skinny stylus may cause over gripping
- May cause wrist bending if not used properly