

For further information, advice and testimonials,
please visit our website:

www.MouseBean.com

or telephone:

+44 (0)1283 791 555

What Else Should I Know?

Employers are required under various regulations to protect employees from the risks of RSI and WRULDs.

All computer users should learn to take short, regular breaks. This allows overused muscles a little time to relax and recover, further reducing tension and stress.

Always consult a health professional about computer-related RSI symptoms as soon as you notice a problem – early intervention is very important and you should always consult a doctor if symptoms persist. Nothing in the leaflet should be treated as medical advice.

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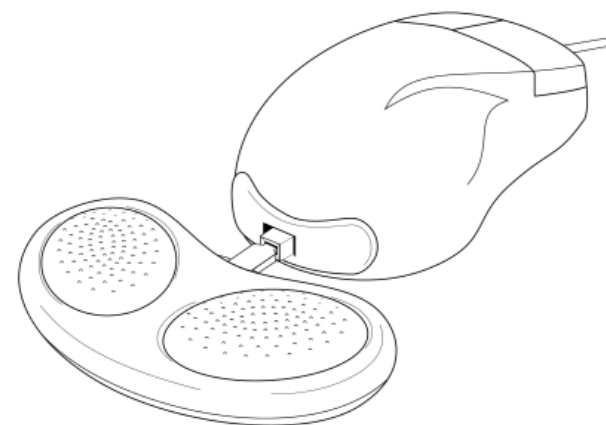
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Ergonomic Hand Rest



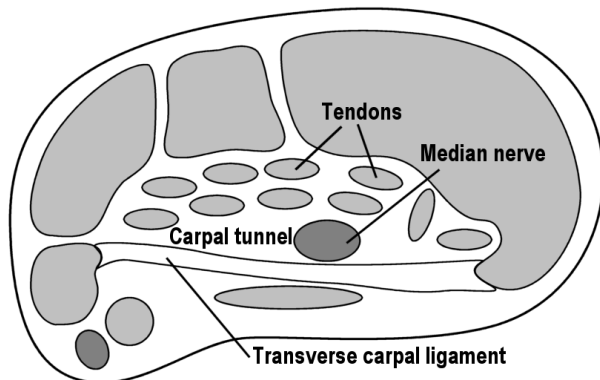
RSI/WRULD and the Computer Mouse



About RSI, WRULD, CTD, OOS, MSD, CTS.

The MouseBean Hand Rest presents a completely new approach to tackling the increasingly common problem of wrist pain associated with using a computer mouse. Uncorrected and continued misuse can damage delicate nerves and tissues, leading to a variety of musculoskeletal disorders (MSDs), many of which are painful and can be disabling. Ergonomists have yet to agree on a preferred term for these general conditions. Depending on where you live, you could be suffering from Repetitive Strain Injury (RSI), Work-Related Upper Limb Disorder (WRULD), Cumulative Trauma Disorder (CTD) or Occupational Overuse Syndrome (OOS). These conditions are often associated with tasks involving prolonged gripping or repeated manipulation of the hand or wrist. A related condition is called Carpal Tunnel Syndrome (CTS) involving the median nerve which runs through the carpal tunnel in the wrist.

Section through the wrist joint



Has the MouseBean® Hand Rest been independently tested?

As well as being endorsed by a surgeon, a workplace trial conducted by an independent, professional ergonomist has shown that three out of four sufferers with MSDs of the hand or wrist found that the MouseBean Hand Rest relieved their symptoms after only two weeks.

The detailed trial report is available on our website:

www.MouseBean.com

How does the MouseBean® Hand Rest Help?

The MouseBean Hand Rest is designed to provide support, protection and comfort when using a mouse. Following detailed research into the causes of mouse-induced wrist pain, the MouseBean Hand Rest tackles the problem by applying sound ergonomic principles, stylish product design and engineering. *It converts a regular mouse into an ergonomic mouse in seconds!*

REDUCTION of MEDIAN NERVE COMPRESSION

The MouseBean Hand Rest protects the delicate median nerve that runs through the carpal tunnel in the wrist. It does this by preventing the central part of the wrist from being pressed against a hard surface. Unlike gel-filled wrist pads, the heel of the hand is supported on the soft, fleshy parts either side of the median nerve.



Damage to the median nerve is commonly experienced as tingling or numbness in the thumb and first three fingers but can cause a variety of symptoms including burning and tenderness in the forearm and aching in the wrist joint. The MouseBean Hand Rest can help to prevent serious nerve damage.

CORRECTION of WRIST ANGLE

The MouseBean Hand Rest elevates the forearm to maintain a straight wrist. This prevents hyper-extension, ie 'dropping' of the wrist, which puts tension on the median nerve. Keeping the wrist straight reduces stress on the tendons where they run through the carpal tunnel. Overuse of the hand and fingers when the wrist is bent can lead to tenosynovitis (inflammation of the covering of the tendons), a painful condition affecting the forearm. This can become increasingly uncomfortable when resting the forearm on the desktop.

SPECIALLY CONTOURED BODY

The MouseBean Hand Rest allows the wrist to rotate into a comfortable position and can be used on either hand. The gently-rounded base allows it to slide on and off the mouse pad, without snagging on the edge.

STRESS REDUCTION

The MouseBean Hand Rest reduces tension and stress in the hand, arm, shoulder, neck, and back. When the heel of the hand is properly supported, the arm does not need to be elevated to move the mouse and this encourages upper arm mobility. Supporting the hand in this way also seems to reduce the tendency to grip the mouse too tightly. Constant tension in the forearm is a common cause of tenderness and burning sensations. Psychological stress, induced by pain due to bad posture and other factors, is an important issue in the workplace and the MouseBean Hand Rest can help to break the pain/stress cycle.

INSULATION and PROTECTION

The MouseBean Hand Rest keeps the wrist away from cold surfaces and the sharp edges of desks and mouse pads. It also eliminates increased pressure from wristwatches and bracelets - a common cause of aggravation that most wrist pads simply make worse. The soft pads are tough, hygienic, non-toxic, removable and washable.

SLIDING COUPLING - FINGERTIP CONTROL

The MouseBean Hand Rest has a sliding coupling bar that connects to a simple, self-adhesive socket on the rear of the mouse. This feature allows the mouse to be moved with the fingertips for ultimate accuracy in CAD or graphics programs. This further helps to reduce fatigue in the hand and forearm.

DESIGNED and MANUFACTURED to LAST

MouseBean Hand Rests are very strong and built to last. Our engineers have stood on them, washed them in a dishwasher, boiled them in a pan and even driven a car over them!

What's the BOTTOM LINE? SIMPLE...

Excellent user-feedback and the results of an independent study, show that fitting a MouseBean® Hand Rest is probably the simplest, quickest and most cost-effective way to alleviate the problem of mouse-induced hand and wrist discomfort.

The simple solution - get your hand on one today...

Visit www.MouseBean.com for details of your nearest distributor or online store.