

**The Effect Of Wrist Rests And Forearm Support During
Keyboard And Mouse Use [An Article From: International
Journal Of Industrial Ergonomics] [HTML] [Digital]
By C. Cook;R. Burgess-Limerick;S. Papalia**

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Wrist & Finger Adjustments - Bowler's Reference -

Releasing the Bowling Ball. only your wrist or hand position when adjusting your rev-rate or in reduces that straightening effect of the pinkie, and

<http://www.bowlersreference.com/Bowler/WristAndFingers/>

Biomechanical Analysis of a Smartphone Task with -

The purpose of this study was to determine how smartphone use posture affects posture compared with STAND posture during SU postures may effect the

<http://koreascience.or.kr/journal/view.jsp?kj=OOOSBL&py=2012&vnc=v22n2&sp=253>

Gel Mouse Pad with Integral Wrist Rest Black -

Gel Mouse Pad with Integral Wrist Rest Black the gel pillows mould themselves to the natural curve of your wrist and hand for optimum effect over prolonged periods.

<http://cdn.cnetcontent.com/6e/40/6e40a012-3020-4f07-a825-8bba64638149.pdf>

The impact of computer display height and desk -

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[http://www.jelectromyographykinesiology.com/article/S1050-6411\(06\)00173-8/references](http://www.jelectromyographykinesiology.com/article/S1050-6411(06)00173-8/references)

Ergo Carpal - Keyboard Wrist Rest Carpal Tunnel -

Mar 14, 2010 ErgoCarpal sells vertical ergonomic mice, keyboard wrist rests, comfort type keyboards, numeric keypads and gel wrist rests for

<http://www.youtube.com/watch?v=mDm2yY0Xxn0>

Ergonomics for Therapists - Scribd -

MOSBY. ELSEVIER 11830 Westline Industrial Drive St. Louis, Missouri 63146 ERGONOMICS FOR THERAPISTS Copyright 2008 by Mosby, Inc., an affiliate of Elsevier Inc

<https://www.scribd.com/doc/219592005/Ergonomics-for-Therapists>

Memory Foam Keyboard Wrist Rest, Black Black Mouse -

If you want a really good, nice keyboard wrist rest, look no further. First off, as other reviewers have said, DO NOT expect it to be as soft as a memory foam pillow

<http://www.amazon.com/Memory-Keyboard-Wrist-Black-Mouse/dp/B008ORU8YE>

3M Gel Wrist Rest For Keyboards, Large, Black - -

3M Gel Wrist Rest For Keyboards Large Black, Long term comfort, Saves space at Office Depot & OfficeMax. Now One Company.

<http://www.officedepot.com/a/products/666780/3M-Gel-Wrist-Rest-For-Keyboards/>

Safe Computer Use Tips - ERGONOMICS: University of -

Safe Computer Use Tips. it can effect something else, like your wrist I am not a big fan of wrist rests; the wrist is a sensitive part of the body and it

http://ergo.berkeley.edu/services/computer_use.php

Technique, muscle activity and kinematic -

use. International Journal of Industrial Cook, C., Burgess-Limerick, R. and Papalia, S. 2004. The effect of wrist rests and forearm support during keyboard

<http://www.tandfonline.com/doi/full/10.1080/00140139.2011.568634>

Quelques pr alables th orico-cliniques la -

International Journal of Industrial Cook, C., Burgess-Limerick, R., & Papalia, S. The effect of wrist rests and forearm support during keyboard and mouse use.

http://www.cairn.info/article.php?ID_ARTICLE=REP_009_0132&DocId=219675&Index=%2Fcairn2Idx%2Fcairn&TypeID=226&BAL=anJmjF5dF.Gr.&HitCount=8&hits=24d4+24d3+24d2+24d1+194f+194e+194d+194c+0&fileext=html

The effect of wrist rests and forearm support -

The effect of wrist rests and forearm support on wrist posture during mouse use has not been established. The aims of this study were: 1.

<http://www.sciencedirect.com/science/article/pii/S0169814104000022>

3M GEL-FILLED ADJUSTABLE WRIST REST -

No statement or recommendation not contained herein shall have any force or effect its easy to feel the difference with the 3M Gel-Filled Adjustable Wrist Rests.

<http://multimedia.3m.com/mws/media/99750O/3mtm-gel-filled-adjustable-wrist-rests.pdf?&fn=Adjustable%20Wrist%20Rests.pdf>

Effects of wrist rest and forearm support on -

1. Percept Mot Skills. 2006 Dec;103(3):873-8. Effects of wrist rest and forearm support on muscle activity. Lee TH, Huang SM. Department of Management and Information

<http://www.ncbi.nlm.nih.gov/pubmed/17326516>

The Effect of Wrist Rests and Forearm Support -

The Effect of Wrist Rests and Forearm Support during Keyboard and Mouse Use Cook, C., Burgess-Limerick, R. and Papalia, S. (2004) The Effect of Wrist Rests and

<http://espace.library.uq.edu.au/view/UQ:70064>

Effect of grease on the Macbook's wrist rest area -

My macbook was bought in September. No yellow stain appears around wrist rest area. That might be due to my cleaning habit. However, I was disturbed by another

<https://discussions.apple.com/thread/764829?start=0&tstart=0>

Publications by Burgess- Limerick, Robin J. - UQ -

Publications by Burgess-Limerick, The Effect of Wrist Rests and Forearm Support during Keyboard and Mouse Use. International Journal of Industrial

<http://espace.library.uq.edu.au/hmrburge>

Gel Wrist Rests - Kensington -

Gel Wrist Rests provide extra comfort and support as you type or use a mouse, while ensuring a firm surface grip. Available in a choice of 2 colours to fit the length

<http://www.kensington.com/en/gb/v/4476/820/gel-wrist-rests>

Hand, Wrist, & Arm Pain - Office-Ergo -

Hand and Arm Basics There are many kinds of medical conditions that have ergonomic causes among office workers, a wrist rest may force a straighter wrist

<http://office-ergo.com/hand-wrist-arm-pain/>

Amazon.com : Fellowes PlushTouch Mouse Pad/ Wrist -

Amazon.com : Fellowes PlushTouch Mouse Pad/Wrist Rest with FoamFusion Technology, Black (9252001) : Computing Wrist Rests : Office Products

<http://www.amazon.com/Fellowes-PlushTouch-FoamFusion-Technology-9252001/dp/B008CO5VGE>

Maney Online - Maney Publishing -

International Journal of Industrial Ergonomics 38, The effect of wrist rests and forearm support during keyboard and mouse use. International Journal of

<http://www.maneyonline.com/doi/citedby/10.1179/oeht.1996.2.3.185>

Effects of a Split Keyboard Design and Wrist Rest -

Academic journal article Human Factors. Effects of a Split Keyboard Design and Wrist Rest on Performance, Posture, and Comfort

<https://www.questia.com/library/journal/1G1-21159928/effects-of-a-split-keyboard-design-and-wrist-rest>

Keyboard Mat | eBay -

Find great deals on eBay for Keyboard Mat in Desktop Mouse Pads and Wrist Rests. Shop with confidence.

<http://www.ebay.com/bhp/keyboard-mat>

Ergo Carpal - Vertical Ergonomic Mouse Keyboard -

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