

Move that Mouse!

Believe it or not scientists have found that controlling a computer mouse with your left hand is better for your posture.

Canadian researchers had right-handers swap and use their mouse with their left hand for one month. They then measured the movements of their subject's shoulders, arms and wrists while completing standard computing tasks. The 'lefties' were found to use smaller body movements, which equates to less physical stress and the potential for less injuries.

One explanation is that the standard keyboard isn't symmetrical; there are more keys on the right so you have to reach further if the mouse is placed on that side. After the trial most of the subjects decided to stay 'left-pawed', they felt better and after four weeks practice their work speed was almost the same as their right side.

There is another alternative if you are 'fixed' on being a 'right-winger: instead of swapping hands you could choose a keyboard without a numeric pad.

Regularly setting aside time for a Posturepole session is also helpful to improve posture - it encourages better body awareness and a straighter more attractive stance.

(Ref: Applied Ergonomics, Vol 35, p 21)

