

VERTICAL MOUSE

The use of a vertical mouse can be beneficial for people who spend a lot of time at a computer and a lot of time using a mouse. GDPT sees it benefit wrist, forearm, elbow, and shoulder symptoms.

Cost for a vertical mouse is more than a standard mouse, but can range from \$20 to \$100 depending on features and quality. They are available at many online retailers and stores including; Staples, Office Depot, Amazon, and by the brand name.

Shown below is an example of a vertical mouse by Evoluent. The patented shape supports your hand in the upright neutral posture that generally avoids forearm twisting. More information on this model can be found at <https://evoluent.com/>.



(Source: Evoluent)¹

¹ Evoluent. *Evoluent VerticalMouse 4 Right Wireless*. N.d. Images. Viewed 21 June 2016.
<<https://evoluent.com/products/vm4rw/>>