Troubleshooting Wrist Discomfort

Guideline

Are your elbows bent so they are at the same height as your wrists?
Correct Posture

Incorrect Posture

Hands are getting good blood supply.

To correct, raise chair height or lower keyboard and mouse.

Are your upper arms resting comfortably by your sides and NOT reaching forward?
Correct Posture

Incorrect Posture

Back and shoulder blades are relaxed.

To correct, move keyboard and mouse closer.

Are your arms able to rest on chair armrests during pauses in your work?
Correct Posture

Incorrect Posture

The weight of your arms is supported by the chair and not by your neck muscles.

To correct, adjust armrests to support arm weight.