

“ There are 3 special hand conditions that can be really helped by the Egoclick™, which may indeed prevent these problems:

1. **TRIGGER FINGER**
2. **CARPAL TUNNEL SYNDROME**
3. **WRITER'S CRAMP** “

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DON'T LIFT A FINGER TO CLICK A MOUSE !



As a Hand and Microsurgeon I am quite amazed how many keyboard operators , particularly those who use their computers almost all day long, come to me with genuine hand problems **CAUSED BY** the use of their **MOUSE !** Repeatedly pressing down with one finger is enough to cause all the following symptoms, bringing back memories of the problems the early stiff badly placed computers caused to typist's hands and fingers which were called Repetitive Strain Injuries years ago (the old "R S I")'.

The PRESENT DAY MOUSE CAUSES:

Pain, in finger, wrist and forearm;

Slowing Down of the speed of finger action;

Strain on wrist, arm and even shoulder; and it can cause three common symptoms:

1.Trigger Finger

This is a serious condition caused by repetitive trauma to the tendon and its sheath over the finger's knuckle (bony and joint) area where a tendon swelling occurs and the lump catches under a thick ligament that ordinarily acts as a pulley, but the tendon gets stuck in the flexed state and cannot then relax back straight in even partial extension .

2. Carpal Tunnel Syndrome with feelings of fullness, heavyness of the hand and mild tingling progressing to pains and stiffness of fingers and wrist with nocturnal pain. As it continues and worsens the pain radiates to thumb, index and middle fingers and then on to ring and little fingers, although the pressure of tendonous swelling in the bony carpal "tunnel" compresses only the Median nerve. Soreness and pain can sometimes be relieved by holding the hand up , and if in bed support elbow and hand up on pillows. As it gets even worse hand muscle wasting occurs and even before that a relieving Carpal Tunnel Release operation is usually required.

3. WRITER'S CRAMP which is a difficult condition where the fingers may assume flexed positions, with pain and severe stiffness, preventing writing even if it only affects the ring and little fingers. Affecting the index finger it can be painful and debilitating. A form of Writer's Cramp is introduced first by the hand , or the fingers shaking to such an extent that it interferes with writing.

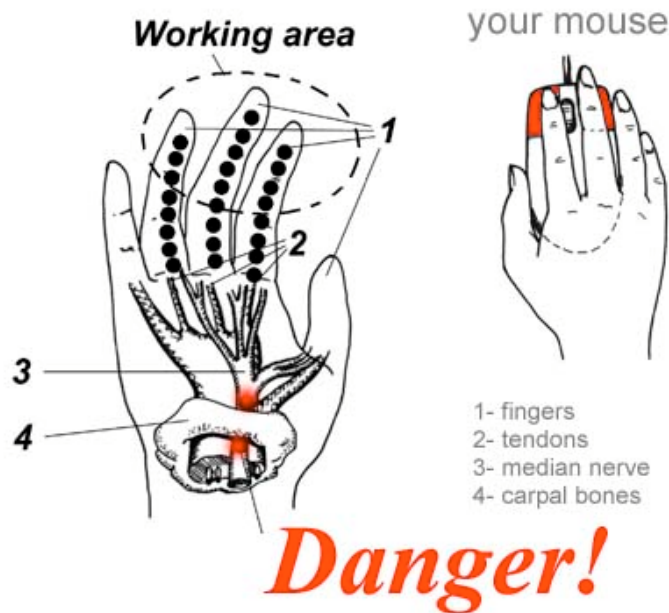
WHAT IS THE CARPAL TUNNEL ?

The flexor muscles of the forearm and its extensor muscles (which are weaker, but used just as much) are just below the elbow, and from halfway down the forearm they become tendons and run down to the wrist when most of the flexor tendons bunch together and pass on into the hand through the bony tunnel made by the little wrist bones (carpal bones). The softer median nerve is in the middle of all these hard

working tendons, which can swell and compress the blood supply to the nerve and irritate it , which affects the nerve's electrical conduction and provides the painful and other symptoms. And you can get the Syndrome using a mouse repeatedly.

WHY DO WE GET THIS MOUSE PAIN ?

When you use an average Mouse, you usually hold it so the single click is done by pressing down the index finger, (flexion) and then lifting it back up (extension of the finger). If you use the keyboard you may strike the keys thousands of times with the fingers daily, and use the dominant right index finger on the mouse hundreds of times in just one hour! You use the middle finger for double clicks far less.

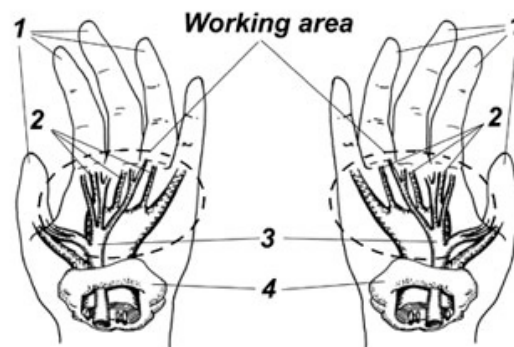
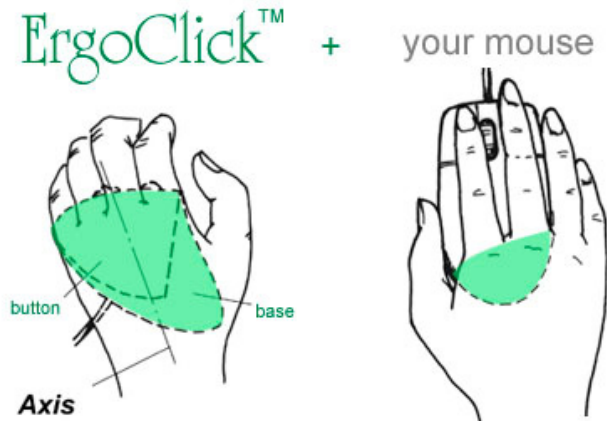


We humans were not designed to flex and then extend a single finger (or indeed multiple fingers) repeatedly and when you do such actions rapidly all the components of that activity become stressed. There is not time for the metabolism of all the involved moving parts to act efficiently, so the fluids involved in tendon sheaths and little arteries and veins supplying nutrients to all these and the other working parts, and taking away all the waste products of all this activity in the bones, joints, tendons, ligaments and even nerves cant keep up with the demand. So tiny swellings you cant see with the naked eye , as well as fluid transport holdups are occurring as you do your mouse tapping. Now your finger ,and the wrist, and their joints, and your forearm , all being involved in the apparently simple action of bending and unbending the index finger, start to protest.....and the pain and other symptoms develop inevitably as you carry on clicking your mouse. *SO, DONT LIFT A FINGER TO CLiCK A MOUSE !*

As even a relatively gentle pressure of tapping your index finger , down and up, down and up several thousand times a day will have an eventual effect, so its sensible to avoid that trauma which can be increasingly serious and may go on to disable the use of that whole hand. I see these cases far too often, and some people, fearful of losing their jobs, leave things far too long before seeking advice and treatment. Even when we see quite advanced cases of finger, hand and arm overuse due to this cause, it may be able to be relieved and the job saved without surgery.

ERGONOMIC CLICK

The designer of the Ergoclick™ mouse has carefully worked out the most relaxed hand position and the minimum pressure needed to rock the baseplate clickswitch, and with just the weight of the hand itself, and the whole forearm resting on the table a single click is achieved almost imperceptibly. There is also a perfectly placed button on this Ergoclick next to the relaxed thumb for it to ever so gently press it for a double click, if you dont want to click twice. So you use your normal mouse with the relaxed right hand to only move the cursor, and you just use a minimum pressure with your other hand on a well designed mouse.....the unique ERGOCLICK (<http://www.ergoclick.com>)! There is a very useful button on the Ergoclick to vary the pressure required to suit you, from as little as 10 grams to 300 grams, and this is another unique advantage of this special considerate mouse!

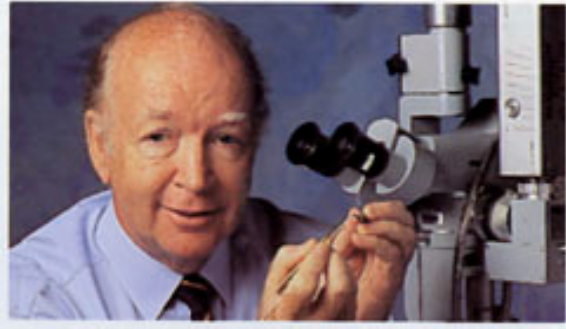


Out of Danger!

Did you know that instrumental musicians, such as pianists and violinists etc get a similar problem , but as its likely to have been started in many fingers doing excessively rapid flexions and extensions, they suffer finger, joint and forearm problems sometimes more serious than those caused by a mouse, and sometimes leave it too late to save their career. We have used the Ergoclick when a violinist has an index finger problem with the bowing (right) hand and admits to using a keyboard for the "day" job. We also use the Ergoclick with pianists and other musicians with the rare condition of "focal dystonia", when it affects the index finger.

The relief that the Ergoclick brings on is very satisfying for the patient, but dont leave it too late to get such relief. If your Hand Surgeon or the Head of your Secretarial workforce doesnt yet know about the ERGOCLICK, I believe you should tell them, that it may well save someone's career .

9 September, 2005
Sydney, Australia.



About Professor Earl Owen:
(<http://www.earlowen.com.au/>)

World's First Scientific Successful Hand Transplant.
Professor Owen led the first hand transplantation team in Lyon France, September 1998.
Professor Earl Owen was elected the World President of the International College of Surgeons (headquarters in Chicago, USA, with Fellows in 110 countries) a very busy position commenced in 1996.

He is Professor at Macquarie University in Sydney. He has been Medical Director of the Microsearch Foundation of Australia since its beginning in 1973 and the expanded MICROSEARCH building houses the Institute of Medical Sciences of both the University and the International College of Surgeons, and is home to the Sydney Microsurgery Centre.

From "*Australian Great Ideas and Achievements*"
(researched by Professor Neville Stephenson, ISBN 0 949 203 18 1)

MICROSURGERY (1967)

The discovery of Antiseptics and anaesthetics enabled the surgeon's skills to be greatly extended, since he then had control over bacterial infection and pain. The diagnostic skills of the physician were about to be supplanted in importance by the technical skills of surgeon. The next great step forward in the development of the technical skills of the surgeon was surgery performed under powerful microscopes – micro surgery. It would be possible to rejoin the finest capillaries in the body, to repair amputated limbs, finger and toes, to reverse vasectomies and to repair damage to sight the hearing. These techniques would require special instruments to enable the surgeon to see and manipulate the very small parts involved in the operation. The pioneer of microsurgery and the world leader in this field was Dr. Earl Owen, a graduate from the University of Sydney. In 1967 he delivered the first lecture on the subject at Edinburgh University and in the following year successfully replaced the amputated finger of two-year-old Sydney child in the first such operation in the world. Together with Dr. David Vickers, a range of instruments was designed in Australia to enable surgeons to perform these delicate operations under a microscope. Earl Owen also developed new teaching methods involving closed circuit television and these techniques are now used throughout the world. Earl Owen was appointed AO in 1980 and Australia now enjoys an international reputation in microsurgery because of his work.

About Anatomically Based Caring Design Company (ABCD Company Pty Ltd.)

A B C D stands for The Anatomical Beneficial Comfortable Design Company, which is TM and registered and based in Sydney. We are agents for GRANDEE, and are Designers of Instruments, LOGOs, Implants, Chairs, Tables, and other furniture. (Examples: All the chairs in the 5 Auditoria of the famous Sydney Opera House are our design, as are the Boardroom and C E O's chairs for some of Australia's largest Companies, and the well known ABCD Surgeon's Chair : and are the Microinstruments to do the finest microsurgical operations, and some special General Surgery instruments ; as well as the design for a neat small Laser pointer.)

We are contacted in our Sydney office ABCD Company Pty Ltd

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The ABCD company has Professor Earl Owen, the pioneer Microsurgeon and designer as its Director and Senior Lecturer, and specialises in original and useful and always ergonomic products.

PROBLEM ?!



SOLUTION !!



**BUY AND TRY! EXPLORE WHERE TO BUY ERGOCLICK™, VISITING
<http://www.ergoclick.com> ("WHERE TO BUY?" SECTION)**