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## Ergonomic mouse pad with arm support

Update: June 29, 2020 Does your wrist hurt or often tire after using a mouse for a long time? In addition to evaluating the type of mouse you are using, another thing to examine are ergonomic mouse pads. Ergonomic mouse pads and keyboard wrists rely on work, helping you maintain a neutral position when typing, clicking and scrolling. Without padded support, maintaining a neutral wrist posture on your own can be difficult, especially after a few hours. Padded support also reduces nerve compression in your wrist and hands when used properly, which can happen if you rest your wrists on a hard surface for long periods of time. Before moving on to our list, here's a fun video that shows how proper wrist support and alignment plays an important role in the appropriate overall ergonomics: Best ergonomic mouse pads for 2020 Not all mouse pads are ergonomic. Some are too hard or high-profile, causing more tension than relief. In this post, I'll show you my favorite ergonomic mouse pads for 2020, with the last two even coming up with keyboard wrist holders for heavy typists and writers. 3M Precise Mouse Pad with Gel Wrist Rest Pillow Height: 0.9 Pillow Material: Gel Mouse Pad Dimensions: 6.8 x 8.6 Top of our choice for the best ergonomic mouse pad is the 3M Precise Mouse Pad with Gel Wrist Rest. Available in different sizes, this ergonomic mouse pad offers a range of features, many of which are unique to this mouse pad. From its precise mousing surface and gel technology to its antimicrobial protection, there is definitely a lot to like. At the end of the day, however, it is the comfort of the wrist rest that makes it our first choice for the best ergonomic mouse pad. Let's talk about ergonomics. The gel wrist rest measures 5 inches wide and 2 inches deep, lifting around 0.9 in height. This means it is wide enough to be used comfortably and it is also deep enough to keep your hand and wrist in a straight alignment. The height of the support pillow is also perfect at about 1 inch. It leaks and the gel perforation-resistant pillow strikes a good balance between softness and firmness, preventing wrist compression and carpal tunnel syndrome. The gel filling and leatherette coating is the most comfortable combination in a wrist rest I've ever experienced. That is the bottom line. So the wrist rest gel checks, but what about the mouse pad? Well, 3M really crammed in a lot here, mainly, by adding microscopic grooves to the area of the main mouse. Not only does it improve the accuracy of all optical mice, it can also extend the battery life of the wireless mouse in general. According to a satisfied customer, its aging wireless mouse usually only works for four hours when equipped with fully charged batteries. But, after using the 3M Precise Mouse Pad, he found that he can use it for 2 to 3 more hours. The mouse pad has a non-slip base like as Do you ever know that the wrist sweats when you've been using your mouse for a long time? I used to worry about how this encourages the growth of bacteria. Now I can feel comfortable since the leatherette lid of the wrist rest is equipped with antimicrobial protection. This also prevents the build-up of odors and makes the surface easy to clean. Another thing I like about the 3M Precise Mouse Pad is that it's environmentally friendly; 25% of the materials used to make it are recycled content. The grooved surface of the 3M Precise Mouse Pad is a double-edged sword though. Although it really improves the accuracy of some mice, dirt tends to accumulate between the ridges. You may need to clean it from time to time to make your mouse pointer work properly. As long as you can remember to clean your mouse pad from time to time, 3M Precise Mouse Pad is a great buy for less than \$15. This is a must-try especially if you are working with a wireless mouse as it can increase its battery life significantly. Pros: Cheap, costs less than \$15 Comes in 3 sizes Gel Pillow is the most comfortable I've experienced Can extend the battery life of a green wireless mouse, contains 25% recycled materials Cover comes with antimicrobial protection is delivered with a one-year warranty Improves pointer accuracy for some mice has a non-skidding base Cons : Grooved surface gets dirty easily Some users have received a deformed mouse pad due to the latest price Check packaging and the user Comments Kensington Duo Gel Pad Pillow Height: 1 at the Pillow Material Gel Mouse Pad Dimensions: 7 x 9 Not far behind is the popular Duo Gel Mouse Pad in Kensington. With hundreds of positive reviews, most people have found the elastic and colorful gel pillow the highlight of this mouse pad. The gel pillow is ergonomically designed to match the contour of your hand and wrist, giving you sufficient support that can help prevent wrist pain. A satisfied buyer who has carpal tunnel syndrome and arthritis has actually said that this product allows him to work comfortably and prevents his hand from numbing. The design of the gel pillow is interesting in two ways. First, it is higher on both ends (about 1.2 inches tall), concaving inward near the middle, deflating to about 1 inch high. The advantage of this design is that it nests your wrist and prevents it from moving from side to side as you operate a normal mouse. With a vertical mouse however where you Feeling like moving your whole forearm to maneuver the mouse, the concaved design of the Kensington mouse pad restricts your forearm movements. The second interesting part about the gel pillow in the Kensington mouse is the ventilation channel that runs through the entire gel pillow. After a few days of use, I actually found it helpful in keeping my wrist from becoming sticky. So congratulations Kensington for intelligent design. Overall, the Mouse pad gel is as comfortable, if not more than the 3M mouse pad above, but only for use with a horizontal mouse where all the underside of your wrist will rest on the support pillow. For vertical mouse users where only the side of your wrist is in contact with the pillow, and where you can use all your forearm to maneuver the mouse from time to time, a wrist support that is uniform in height everywhere works best. Watch my video review below to see exactly if the Kensington mouse pad is right for you: Benefits: Pillow gel with ventilation that keeps cool even after a long easy period to clean the curved wrist rest secures your wrist in place and prevents the base of wrist tension Rubber keeps the mouse pad in place Cons: Pillow gel is fragile Does not work well with the vertical mouse where your wrist does not rest flat on the support pillow Check the latest price and user Comments VicTsing Mouse Mat with Gel Wrist Rest Support Height: 0.79 Support Material: Gel Pad Dimensions: 9.84 x 8.86 Next we have Amazon's Choice for ergonomic mouse pads, the VicTsing budget-friendly mouse pad. With its gel-filled pillow, lycra cover and un patinated base, it's a great tool that can help keep your wrist healthy. Just like the previous product, this mouse pad has a filling gel for its wrist rest. Combined with its ergonomic shape, this can really help prevent wrist fatigue. The gel pillow is soft enough to conform to the shape of your wrist while being hard enough to support the weight of your hand. You won't have a problem with your erratical mouse pointer or your mouse pad moving everywhere. The VicTsing mouse pad has a smooth cover made of Lycra that ensures proper tracking movements and mouse sliding with minimal resistance. Even the gel cushion is covered with Lycra so it doesn't feel sticky. Then there's the rubberized base that sticks to your desk to prevent the mouse pad from slipping. But, for me, what really sets this product apart from other mouse pads is the excellent customer support of the company. There is this buyer who posted a review that the seam of the gel cushion burst after only a month of use. No questions were asked of the company. This means that VicTsing reads the reviews to make sure their buyers are satisfied with their purchase. My only complaint is that, despite the company's claim that the product went through an odor removal treatment, you attacked with a strong smell when opening the product. You will need to leave the mouse pad air first for a few days before you can use it. Other than that, I think this VicTsing mouse pad is a great buy. It is very effective in keeping the wrist in a neutral position, protecting you from the development of carpal tunnel syndrome or any other similar disorder. Pros: Cheap, cost less than \$10 cushion-filled gel doesn't stick to Lycra's wrist cover provides good mouse tracking Excellent customer support Cons: Has a strong smell at the beginning The wrist rest is a little small Check the latest price and user Reviews Redragon P020 Gaming Mouse Pad Support Height: 1.1 2 Support Material: Memory Foam Mouse Pad Dimensions: 9.84 x 9.84 Gamers looking for wrist support will not be disappointed by the Redragon P020 Gaming Mouse Pad. From its stylish look to its memory foam-filled wrist rest, this budget-friendly mouse pad is your perfect gaming partner. First, let's talk about his wrist rest. Unlike the previous two products, the cushion on this mouse pad is filled with memory foam. It is a material that softens with body heat to conform to the shape of your wrist and then returns to its original shape after use. It's like having a wrist rest that's custom-mounted on your wrist. I also like that it is wide, which means that even if you reach for your mouse without paying attention, your wrist will still land on the cushion. Of course, this support is useless if the mouse pad itself is lacking. Precision and accuracy can make the difference between winning and losing for players. Fortunately, its silky surface offers excellent tracking and optimal glide, no matter if you use an optical or laser mouse. One user said she didn't have to move her mouse as much after she got this pad because it increased the sensitivity of the mouse. Other features that make the Redragon P020 a must-buy include its anti-slip silicone base and durable construction. In addition, it has a waterproof coating so it will not absorb accidental spills. Not to mention that it is washable so that it is easy to clean. While the mouse pad itself is perfect, I wish they offered different colors and designs to choose from. Some people have specific color schemes that they go for in their computer setup and this black and red theme might not work for that. Other than that, I find the Redragon P020 Gaming Mouse Pad to have excellent performance and sufficient support. It is essential for people who want to enjoy the game without worrying about musculoskeletal disorders associated with prolonged computer use such as carpal tunnel syndrome and tendonitis. Pros: Budget-friendly at less than \$15 Silky Smooth Surface provides excellent mouse sensitivity Large wrist rests Memory Foam provides personalized support A silicon base anti-skid lavable does not absorb liquids easily Does not have a strong chemical fragrance Cons: Only available in a design the latest price and user Comments Gimars Gel Mouse Pad w/ Keyboard Wrist Rest Support Height: 1.1 Support Material: Gel Pad Dimensions: 8.6 x 10 So far we've only talked about ergonomic mouse pads, but what about people who need to type a lot? Fortunately, there are sets like this Gimars product that come both with ergonomic and a wrist rest. Affordable and effective, this will help solve your wrist complications. For starters, this product uses breathable memory gel foam that keeps you cool while providing maximum support. Even after hours of use, the foam will slowly bounce back to its original shape. I also like that the mouse pad and wrist pad keyboard are wide enough that I don't have to pay attention to where I place my hands. The mouse pad measures at 10 x 8.6 x 1.1 inches while the keyboard's wrist rest is 17 x 3 x 1.1 inches. At 17 inches wide, it works well for almost all standard keyboards and laptops. This makes it easy to prevent joint and muscle stress, even if my mind is busy with work. They are equipped with a rubber base as well that prevents them from slipping around your desktop as you use your computer. Finally, I just want to mention that their customer service is also a selling point. A customer got a defective product that went flat after only a month of use. Although he did not ask for it, customer support offered to send him a replacement. Unfortunately, he has already disposed of the defective item. But, check this out, the company offered him a refund instead, showing how much they appreciate customer satisfaction. The edges of the mouse pad tend to curl up. Although it still works well and give enough support, it is irritating because it won't be flat. Still, I highly recommend this mouse pad and wrist keyboard rests Gimars combo if you often have to use the computer for long hours. They work well by helping you maintain a neutral position that prevents the hand, wrist, shoulder, and neck muscle and nervous tension. Pros: Good value for money, costs less than \$20 for mouse and keyboard support. Memory foam does not easily deform Large mouse pad at 10 x 8.6 x 1.1 inches wide keyboard wrist rest at 17 x 3 x 1.1 inches Exceptional customer service Disadvantages: The edges sometimes curl The anti-deprecated base Slipping doesn't work too well Check the latest price and user Comments CushionCare Keyboard Wrist Rest and Mouse Pad Set Support Height: 1 Support Material: Memory Foam Pad Dimensions: 8.7 x 9.8 Rounding our list is the cushioncare keyboard wrist rests and mouse pad. With its memory foam cushion, this reasonably priced set can help you maintain a good wrist alignment while you work or play. This product uses ergonomic memory foam padding that allows you to comfortably use your keyboard and your It is very effective in protecting our hands and wrists from repetitive stress injuries (RSIs) caused by prolonged typing and mouse clicking. In addition to providing sufficient support, this durable CushionCare combo gives you plenty of room to work. The keyboard's wrist rest measures 18 x 2.6 inches, while the mouse pad is 8.7 x 9.8 inches. There is also a rubber holder that holds it in place as like Work. To top it all off, this CushionCare product comes with a 3-year warranty. This means that if it doesn't work as advertised, their company will replace the item or even refund the money you spent. One buyer said he was having trouble removing a stain in the product so he sent a message to the company to share his experience. On the same day, the company responded, offering a replacement or a full refund. There is a slight chemical odor for items right out of the box. This disappears after several days, but it's still something to consider if you have a sensitive nose. Anyway, I suggest you give this CushionCare set a try if you're looking for a good ergonomic wrist support. You can buy it with confidence knowing that the company stands behind their product. Pros: Memory Foam provides bespoke support Offers a generous amount of space for you to work on has a rubber holder that keeps the keyboard wrist rest and mouse pad firmly in place comes with a 3-year warranty Disadvantages: Has a putting off-putting smell when the wrist support still new on mouse pads a little small Check last price and user feedback What to consider when choosing a carpet Ergonomic mouse There are several things you should consider when buying a mouse pad for hand and wrist support. Material pad The ergonomic mouse pad cushion is either filled with gel or memory foam: Gel - This material feels cool to the skin. It can be sticky unless there is a fabric lid. People who crave squishy, soft cushions will love gel filled wrist supports. Memory foam - This is one of the best materials when it comes to providing support. Your body heat softens the foam so that it conforms exactly to the shape of your wrist. However, it feels hot that some people might not like. Wrist support height The key to preventing wrist injuries when using the computer is to maintain a neutral position where there is minimal bending of the wrists. If your wrist is too low, your arm weight will force your wrist, increasing your chances of developing carpal tunnel syndrome. On the other hand, if the wrist rest is too high, it causes fatigue for the fingers, hands and wrist. To ensure proper alignment, rest on your wrist about 1 inch to 1.2 inches deep. Something higher, and

it is difficult to maintain a neutral wrist when resting on the pad, which completely beats the goal. It shouldn't be too hard or too soft either. When buying a mouse pad, check the dimensions to see if it will fit your work area and if there is ample space for you to move your mouse on. I also like it when the wrist rest is wide enough that my wrist doesn't land off the center when I'm not paying attention. Anti-slip back You don't want your mouse pad to slip, especially when you're in the middle of a game. Look for those who have a rubber base that maintains mouse pads firmly in place. There are even mouse pads that stick to the table so well that you have to peel it to move it. Ease of cleaning Accidents are required to occur especially if you eat or drink while using the computer. A good mouse pad should be resistant to spills and stains. It must also be washable so that you can keep your workspace clean and dust-free. Other important ergonomic considerations Compression - The wrist rest should be firm enough to support your weight, but soft enough to allow good blood circulation. Again, even with a wrist rest, you risk blood compression if you stay in a position too long. Adjust the height of your desk and chair so you can keep your wrists and elbows in a straight alignment. You should take breaks from typing and practicing simple wrist and hand exercises as well. Mouse - Your mouse must be big enough to support your hand. You may also want to consider switching to a vertical mouse that you can use with a handshake position. Instead of putting the weight inside your wrist, tilted mice allow you to place the weight on the side of your hand. Related Comments Comments

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