

Reduce the continuous strain on your hand, arm and shoulder by adjusting your mouse settings to a more natural movement ratio

To adjust mouse speed:



- 1. Press Windows key
- 2. Type Mouse
- 3. Select Mouse Settings to open settings window
- 4. Select Additional mouse options from right hand side 'Related settings'
- 5. Click tab Pointer Options
- 6. Untick Enhance pointer precision & slow down the mouse.

It takes a while to retrain your brain so this feels normal. But stick with it to protect your hand and arm from long term harm.

