

Wacom Pens:

The ergonomic way to use your computer



More than 20 years ago, the computer mouse revolutionized the way we interact with computers, but over the years, we have found that this revolutionary device is the source of health complaints typical of Mouse Arm Syndrome (e.g. 'RSI'-Repetitive Strain Injury or 'CTS'-Carpal Tunnel Syndrome).

What is "ergonomics"?

Ergonomics is the study of equipment design and arrangement focusing on healthy, comfortable, and efficient use. Ergonomically designed equipment focuses on physical design enabling usage that is natural to the human body thereby reducing stress, strain, fatigue and discomfort. Such equipment thus decreases the chance of human error and improves work efficiency.

What is "RSI"?

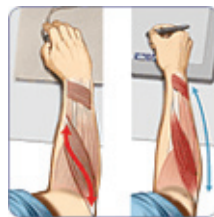
RSI stands for Repetitive Strain Injury or Repetitive Stress Injury, and is the general term used to describe prolonged pain in shoulders, neck, arms or hands. For those who use computers, this is usually caused by the prolonged repetitive actions such as typing on a keyboard or clicking on the mouse.

What is Carpal Tunnel Syndrome?

One type of RSI, Carpal Tunnel Syndrome is a pinched nerve in the wrist. This means that somewhere, there is a blockage in the flow of signals that tell your muscles to move and give you feeling on your skin. You may feel numbness, tingling, and even pain in your wrists, hands and fingers.

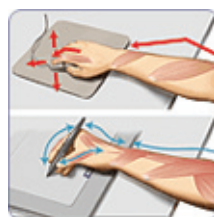
"One of the problems with IT devices is frequent, repetitive movements for the hand especially when using standard input devices. We recommend that the user shortens this working time and takes short breaks, as well as using a good forearm support. We also recommend the use of keyboard short-cuts, alternating with one input device or more. Wacom pen tablets are a good example of alternative input devices. Being able to switch between 'clicking' and 'tapping' as well as the development towards pens with a thicker dimension, like the Intuos pen, alleviates working fatigue over extended periods of use. Selecting between different sizes of the pen tablet according to the work task and personal needs is also important. Different ways of working are great for body and mind!"

Natural position of hand and arm



Wacom pens allow you to hold your hand in a relaxed handshake position that eliminates forearm twisting. There is no need to twist the forearm away from its natural position and strain muscles and tendons.

Eliminate repetitive use and strain in muscles



Holding a pen distributes the use of muscles in your fingers, hand, and arm evenly preventing stress. With most mice, the same muscles are used constantly while others rest in the same position for a longer time. This uneven distribution causes fatigue over long periods of usage.

Full control with minimum effort



'Absolute positioning' maps the active area of the pen tablet to your computer screen allowing you to control the entire screen with minimal effort. This reduces unnecessary muscle strain in the fingers, hand and arm.

Patented, light-weight battery-free technology

Using Wacom's patented battery-free technology, our pens are cordless and battery-free providing optimum weight and balance for minimal strain on muscles.