#### Fitting the Unimouse to your hand

There are 4 steps to fitting the Unimouse:

- 1. Measure your hand
- 2. Determine the starting setting
- 3. Adjust to your hand
- 4. Start mousing

## 1. Measure your hand

To determine the starting setting points for the Unimouse, measure your hand from the first crease of the wrist below the palm to the tip of the middle finger.

There is a guide on the reverse of this page to assist with this.

# 2. Determine the starting setting

Once you have determined the size of your hand, we recommend setting the Unimouse to the below starting settings.

	Hand Size		
Setting	17cm or under	17cm – 19cm	19cm or above
Body Tilt	35°	55°	70°
Thumb Support Width	Fully collapsed	Extended half way	Fully extended
Thumb Support Slide	Pushed to the back	Pushed to the middle	Pushed to the front
Thumb Support Rotation	First knuckle of the thumb should be in the middle of the thumb support		

### 3. Adjust to your hand

Begin using the Unimouse and make minor adjustments until you find the ideal settings for your hand.

## 4. Start mousing

Once you have discovered the best fit for your hand, you can set and forget the positioning...

or

You can switch postures through out the day to engage different muscles and tendons while avoiding fixed, static positions.

