

A CHEAP PREVENTATIVE FOR CARPAL TUNNEL SYNDROME

Whether you know it or not, your keyboard can be hazardous to your health. No, the problem isn't radiation. It something called the carpal tunnel syndrome. A nerve that passes down the middle of your arm enters the hand through something called the carpal (wrist) tunnel. Long hours of typing at a keyboard pinch the nerve. This brings numbness and weakness in the fingers and thumb. Pain may also be present, especially when the wrist is flexed.

Most computer keyboards force hands into an unnatural, bent-upward position. The solution is simple: a homemade pad that lets you rest your hand on something level with the keyboard, eliminating the bend. You can build in minutes with a needle, thread and a few scraps of cloth. The scrap size depends on your keyboard. For my standard Mac keyboard, I used a one 6"x13" for the cover. Twelve inches cut from an old pant leg and rolled up provided just the right thickness of stuffing. Even if you never get the syndrome, it makes typing more comfortable.

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