<u>**Brief Overview Of The MouseKeyDo® System Indications and Efficacy**</u>

What is the MouseKeyDo® System?

A self-guided training manual and CD-ROM that helps patients change the way they type and mouse in order to reduce the intensity and the duration of nerve and tendon inflammation related to computer use. This program, which complements clinical treatment, has been effective in managing both chronic problems and acute flare-ups as well as in prevention.

On what conditions has the MouseKeyDo® System been effective?

It has been particularly effective with those patients who experience limited productive function caused by nerve entrapment and tendonitis due to inflammation. A few of the specific diagnoses on which this program has been used are:

- Lateral and medial epicondylitis
- DeQuervain's tenosynovitis
- Ganglionic cysts
- Carpal tunnel syndrome
- Cubital tunnel syndrome
- Radial nerve entrapment
- Thoracic outlet syndrome
- Myofascial neck and shoulder pain syndrome

How much does the program cost?

The one-time cost for the training manual and interactive CD-ROM is $125.

How long does the program take?

In general, patients require approximately three to six hours to learn the program skills and achieve improved productivity. Many will be able to work at their own rate with the training manual and CD-ROM. More severely injured patients will need to use the program in conjunction with a disciplined clinical and functional training program supervised by a licensed therapist.

What are the worksite and clinic-based results of this program after implementation?

- 89 percent of employees reported decreased pain after training.
- The average patient improved functional capacity by 25 percent.
- A number of patients who could not type at all due to their impaired condition recovered enough functionality after training to type for approximately 3.6 hours.
- Patients report persistence of skill, less pain, and the same or better function 1.3 years after training.
- Training patients in the new skill set was 50 to 75 percent faster using the training manual and CD-ROM than when not using them.

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