

Computing Without Pain With the MouseKeyDo® System – was created by Norman J. Kahan, M.D., founder and director of Sports and Occupation Medical Associates in Cupertino, Calif. Neck, arm and wrist pain are common problems that arise from repetitive computer use. This ergonomic training program teaches specific techniques for keyboard, mouse, and laptop use that minimize the stresses that occur with repetitive computer use.

Fabrice Rockich, D.P.T., O.C.S., C.S.C.S., was personally trained in the MouseKeyDo® System by Dr. Kahan and he has trained all of the therapists in the Saratoga office to use the system incorporating MousekeyDo® training into a complete physical therapy program for each individual. MousekeyDo® training has been very effective in reducing and alleviating many people's upper body pain caused by repetitive computer use, allowing them to return to work with pain free computer skills.

MouseKeyDo® training is provided at the OPTM – **Saratoga office**. Onsite workstation training is available.

For more information on the MousekeyDo® System, please visit www.mousekeydo.com or call our office.