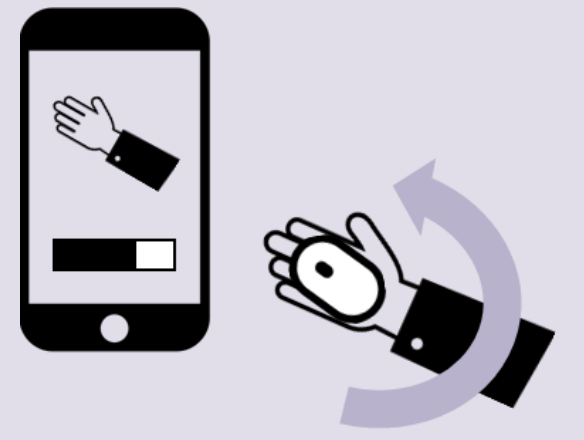


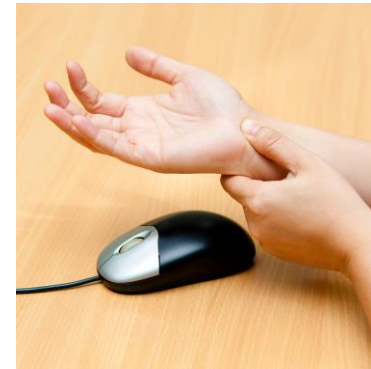
# CareMouse An Interactive Mouse System that Supports Wrist Stretching Exercises in the Workplace



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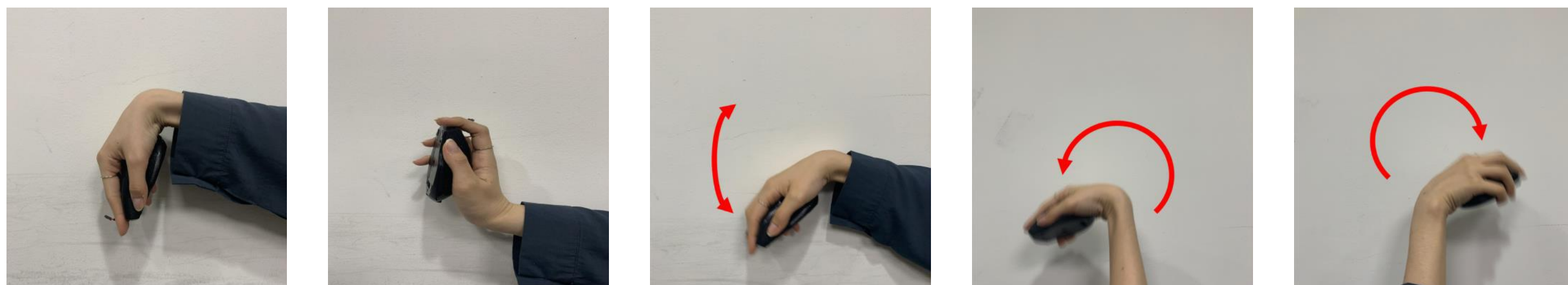
## Background

- Musculoskeletal disorders (MSD) are injuries or disorders of the muscles and joints, and wrist pain is a common MSD among computer users



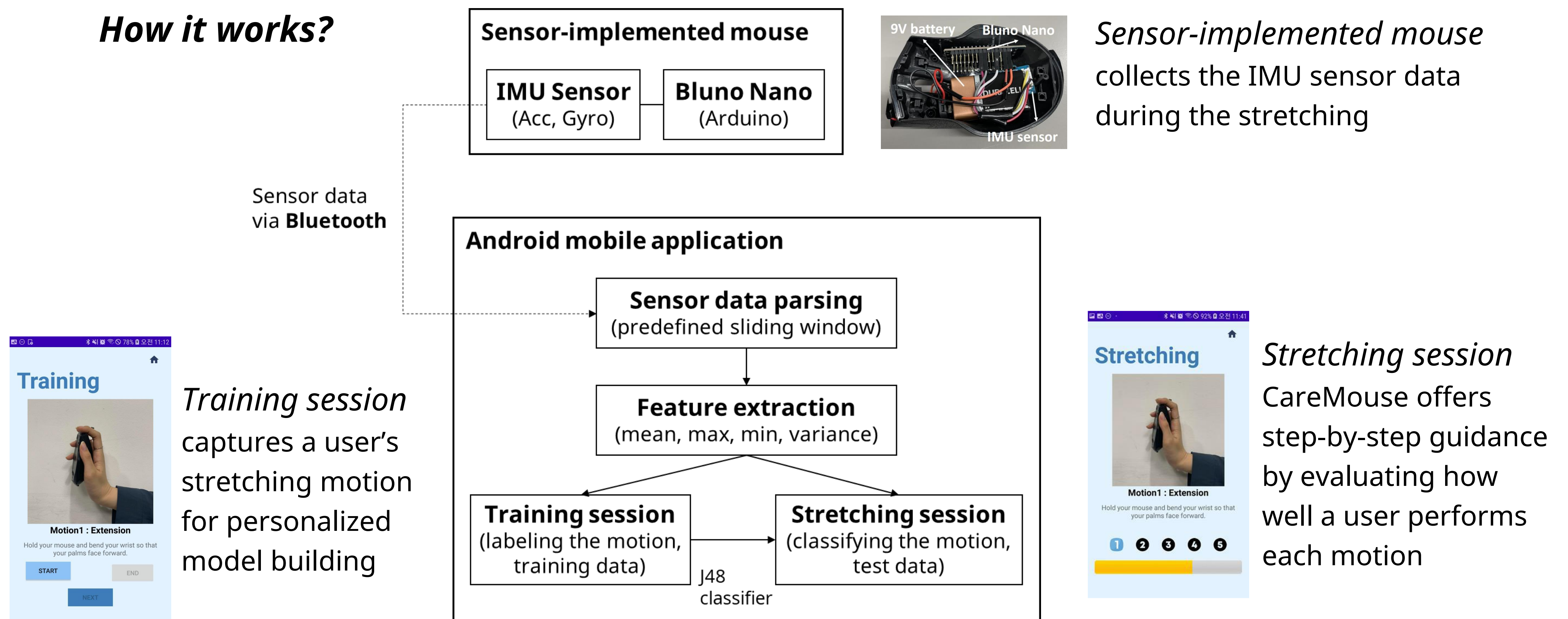
- Prior studies explored various designs
  - Monitoring the user's wrist status
  - Providing in-situ interventions
- This work explores a novel design opportunity of conventional mice

## CareMouse Design



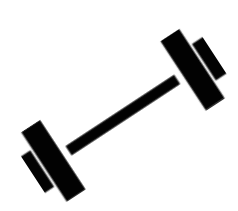
Wrist stretching using CareMouse

### How it works?

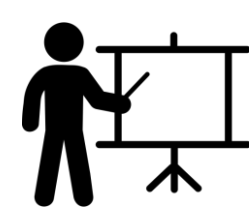


## Preliminary User Study

### User Perception



A natural tool for stretching exercises



An active coach for increasing awareness about health

### User Experience



Simple and easy to follow

But too strict checking

Less interruptions via customization

## Discussion and Future Work

- Design guidelines for renovating a familiar tool
- Relaxed motion tracking to promote exercising
- Enabling personalized stretching exercises
- Real-world, long-term field experiments