

Answering questions about the reasons for using a keyboard wrist rest

Join TipsMake to find out what a keyboard armrest is and how to use a mechanical keyboard armrest most effectively.

The use of **keyboard armrests** is becoming more and more popular in the office and gaming community. Because this is a useful tool that helps users work for many hours on the computer without pain or wrist fatigue. To better understand the uses of keyboard armrests, please follow the following article with [TipsMake](#) .

Content

1. [Uses of mechanical keyboard armrests](#)
2. [2 popular types of mechanical keyboard wrist rests](#)
 1. [1. Hard armrest](#)
 2. [2. Soft armrest](#)
3. [How to properly use a mechanical keyboard wrist rest](#)
 1. [Distance when placing armrest](#)
 2. [Use moderate pressure on the palm rest when typing](#)
4. [Epilogue](#)

Uses of mechanical keyboard armrests

Mechanical keyboard wrist rest or 'Wrist Rest' is an item used to support the wrist and reduce pain in the ligaments when typing. Besides, they are also an accessory that helps decorate and beautify your desk. Using a keyboard armrest can help bring many health benefits to users.

Picture 1 of Answering questions about the reasons for using a keyboard wrist rest

Accordingly, when using a mechanical keyboard wrist rest, your wrist will be converted from a resting state to a more continuous, rhythmic and flexible state of operation without having to move much. Every time you switch between these two states, your hand will need a break because you have to constantly raise and lower your wrist. Therefore, using a keyboard armrest will help shorten the distance from the keyboard to the table surface, helping to reduce the feeling of hand fatigue as well as the delay when your hand switches from resting state to active state. .

Besides, we all know that inside the wrist is a system of ligaments that help keep the wrist straight and return to its original natural position after bending for a long time. Meanwhile, keyboard wrist rests are designed to help reduce injuries caused by excessive ligament strain while keeping your wrists straight and fatigue-free after long periods of bending over due to typing. keys.

2 popular types of mechanical keyboard wrist rests

Currently on the market there are two popular types of mechanical keyboard armrests: hard armrests and soft armrests.

1. Hard armrest

The first is the hard armrest line, made from wood, plastic or high-quality natural stones. This type of armrest helps the hand glide quickly across the surface, so it is suitable for people who often type at a fast speed. At the same time, they also help bring coolness and comfort to your wrists.

However, the disadvantage of this type of armrest is that it is quite stiff. Therefore, they are not a suitable choice for people with weak wrists or who are not used to using armrests. In particular, some armrests have ergonomically curved backs that hug the wrist, which can create a feeling of discomfort and discomfort for those who do not use the armrest regularly or use the armrest incorrectly.

Picture 2 of Answering questions about the reasons for using a keyboard wrist rest

2. Soft armrest

This type of soft armrest is often made from diverse materials, such as leather, fabric, gel, rubber or Ultrasuede. The soft keyboard armrest helps bring a comfortable feeling to the user when resting their hands. Besides, this type of armrest also helps create a sturdy armrest for users when using mechanical keyboards on small tables. This helps your hands avoid colliding with sharp table edges.

In addition, the soft keyboard armrest is also more flexible than the hard armrest because it can be used in many different hand positions and does not require the user to position the hand precisely on the armrest. The disadvantage of this type of armrest is that it is too soft and cannot increase the speed of your hand gliding on the keys like when using a wooden armrest. However, in return, users can feel comfort and smoothness when using this type of armrest.

Picture 3 of Answering questions about the reasons for using a keyboard wrist rest

How to properly use a mechanical keyboard wrist rest

To use a mechanical keyboard armrest properly, users need to pay attention to the following issues:

Distance when placing armrest

One of the common habits of users when using keyboard armrests is to place them close to the edge of the keyboard to shorten the typing distance and make it convenient to use. However, the truth is that placing the keyboard palm rest this way is not appropriate. Because if you place the palm rest too close to the keyboard, the palm rest will support your palm instead of your wrist.

Picture 4 of Answering questions about the reasons for using a keyboard wrist rest

Therefore, using a wrist rest this way does not bring good results to your wrists. Especially for people with large palms, placing the armrest too close will cause the armrest to not be able to support the entire hand, making it difficult to use and operate when typing.

To use the armrest more effectively, you should place the armrest away from the keyboard so that your wrists are supported moderately, helping to operate comfortably and without fatigue. Absolutely do not place your wrist on the edge of the armrest to avoid bending the wrist and causing injury to the ligaments. In some unavoidable cases, if you have to place your armrest near the corner of the table, users should choose a soft armrest to help you avoid injury due to placing your wrist on the edge of the table for a long time.

Use moderate pressure on the palm rest when typing

Even if you put your armrest in the right position, you may still feel a heavy feeling every time you move your wrist. That's because you use too much force when typing, causing wrist discomfort and reducing typing speed. Therefore, users should only place their hands lightly on the armrest so that their hands can move more flexibly, and at the same time put their wrists on the armrest every time they stop typing. This will help your wrist rest and recover quickly.

When using a supportive armrest, you should use the cushion under your thumb to create support and lift your hand when typing. When your arm is tired, you just need to lower it slightly, which will help you save significant energy when not using the armrest.

Picture 5 of Answering questions about the reasons for using a keyboard wrist rest

Epilogue

In short, using a mechanical keyboard armrest brings many benefits to users. It not only helps reduce wrist pain and limit injuries during work, but also helps improve users' typing ability. Hope you have memorable experiences with this super useful tool.

You finished reading the article "**Answering questions about the reasons for using a keyboard wrist rest**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.