

# Make 'n Take

Discover How Easy It Is To Make Your Own Assistive Technology!

ABLE  
Tech

## Adapted Computer Wrist Rest Pad

An adapted computer wrist rest pad made with everyday household materials for individuals with wrist fatigue.

### Materials:

- Cutting Board
- Ruler
- Knife
- Pool Noodle
- 4-6 rubber feet furniture pads

*Make 'n Take Price: \$1.62*

### Directions

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1. Measure the length of your computer keyboard.



2. Measure pool noodle to length of computer keyboard.

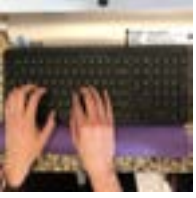


3. Cut pool noodle to the length of computer keyboard with knife.



4. Cut computer keyboard length pool noodle in half with knife.

5. Adhere grips to bottom of wrist rest pad.



6. Place wrist rest at computer keyboard.