

Description

This invention relates generally to wrist rests, and more particularly to a wrist rest which incorporates an adjustment to easily vary the height of the wrist rest.

Wrist rests are well known in the art. Wrist rests are utilized for a variety of purposes, one of the most common being when the user is operating a keyboard. When a person is operating a keyboard, positioning of wrists in an unsupported manner for a long period of time may lead to injuries such as carpal tunnel syndrome. The wrist rest maintains the wrist in a neutral position to reduce the likelihood of developing carpal tunnel syndrome or related injuries, it is very advantageous to have the wrist rest at the proper height and also utilize a wrist rest which is of an appropriate length.

One of the most common wrist rests available is a rectangular pad. However, one of the disadvantages with a rectangular pad is that there is no height adjustment. Accordingly, pads with different heights must be used for different applications or users. Some prior art devices are available which do allow for height adjustment (US-A-4 973 176). However, the adjustment is usually by means of some mechanical adjustment such as rotation of screws or the like. Alternately, height adjustment spacers may be placed between the generally planar work surface and the wrist rest to adjust the height.

From US-A-5,050,826 an apparatus for supporting the wrist of a keyboard operator is known, in which pads are supported rotatable on a supporting rod in front of a keyboard. These supporting members can also be shifted along the axis of the rod to change the position of the operators wrist or the like.

It is an object of the present invention to provide a wrist rest for supporting a user's wrist which can be adjusted in its height above a working surface in an easy manner, having such a structure that it can also be adapted to be adjusted in length depending on its intended use.

According to the invention, a wrist rest for supporting a user's wrist while performing an activity, comprising a support member having a rest surface and a base member carrying the support member at an adjustable height over a working surface, is characterized by a support member having an outer surface and an arcuate inside surface, a base member having an inner surface and arcuate outside surface, said arcuate inside surface positioned on top of said arcuate outside surface and configured to be rotated relative to each other, and means for locking said surfaces in at least one

of a plurality of positions, whereby said rest may have a plurality of heights.

Preferable embodiments are defined in the dependent claims.

Fig. 1 is a perspective view of a wrist rest incorporating the invention.

Fig. 2 is a top plan view of the wrist rest shown in Fig. 1.

Fig. 3 is a front elevational view of the wrist rest shown in Fig. 1, the rear elevational view being a mirror image thereof.

Fig. 4 is a bottom plan view of the wrist rest shown in Fig. 1.

Fig. 5 is a right side elevational view of the wrist rest shown in Fig. 1, the left side elevational view being a mirror image thereof.

Fig. 6 is a cross-sectional view taken generally along the lines 6-6 of the wrist rest of Fig. 2.

Fig. 7 is a cross-sectional view of wrist rest of Fig. 1 after the base member has been rotated relative to the support member.

Fig. 8 is a top plan view of the wrist rest shown in Fig. 2, shown adjusted to a different length.

Fig. 9 is a side-elevational view of an alternative embodiment of the present invention.

Fig. 10 is a side elevational view of a section of the support member of a third embodiment of the present invention.

Fig. 11 is a side elevational view of a base member for use with the support member shown in Fig. 10.

Referring to the drawings, wherein like numerals represent like parts throughout the several views, there is generally disclosed at 10 a wrist rest. The wrist rest 10 includes a base member 11 having an outside surface 11a and inner surface 11b. The outside surface 11a is generally arcuate in shape and further, the entire base member 11 has the general shape of a cylindrical sector. As will be described more fully hereafter, the base member 11 provides for an adjusting rail for the overall length of the wrist rest 10. The inner surface 11b is also arcuate and is generally concentric with the outside surface 11a. As can be seen in Fig. 4, a rectangular gripping member 11c is operatively connected to the inner surface 11b and preferably an integral part thereof. The function of the gripping member 11c is to allow for easier adjustment of the length of the rest, as will be described more fully hereafter. A plurality of generally parallel dovetail mortises or grooves 20 are formed in the outside surface 11a of the base member 11. The general configuration of the dovetail mortises 20 are best seen in Figs. 1 and 6. Referring now to Figs. 4 and 6, it can be seen that the inner surface 11b is generally arcuate. However, along the length of the base member 11 is a first generally planar surface 11d and a second generally planar surface

11e. The planar surfaces 11d and 11e are generally also in the same plane. As will be described more fully hereafter, the planar surfaces 11d and 11e provide a resting surface for the wrist rest 11 on a working surface.

The wrist rest 10 also includes a support member, generally designated as 15. The support member 15 includes a first section 16 and a second section 17. The second section 17 has an outer surface 17a and an inside surface 17b. The second section 17 is generally in the shape of a cylindrical sector. The outer surface 17a is generally arcuate and forms a rest for one wrist. The inside surface 17b is generally arcuate and is also generally concentric with the outside surface 11a of the base member 11. The inside surface 17b is also generally concentric with the outside surface 11a. A dovetail tenon 18 is operatively connected to the second section 17, and is preferably as an integral portion thereof. The dovetail tenon is sized and configured to slide in the dovetail mortise 20. Referring now to Fig. 6, it can be seen that the height of the dovetail tenon 18 is slightly larger than the height of the dovetail mortise 20. Accordingly, there is a slight clearance between the outside surface 11a of the base member 11 and the inside surface 17b of the second section 17.

The first section 16 has an outer surface 16a and an inside surface 16b. The first section 16 is generally in the shape of a cylindrical sector. The outer surface 16a is generally arcuate and forms a rest for the other wrist. The inside surface 16b is generally arcuate and is also generally concentric with the outside surface 11a of the base member 11. The inside surface 16b is also generally concentric with the outside surface 11a. A dovetail tenon 19 is operatively connected to the first section 16, and is preferably as an integral portion thereof. The dovetail tenon is sized and configured to slide in the dovetail mortise 20. The height of the dovetail tenon 19 is also slightly larger than the height of the dovetail mortise 20. Accordingly, there is a slight clearance between the outside surface 11a of the base member 11 and the inside surface 16b of the first section 16.

End caps 30 and 31 are operatively connected to the sections 16 and 17 respectively. The end caps 30 and 31 are arcuate in shape and match the general arcuate shape of the sections 16 and 17. The end caps 30 and 31 have a cavity which is sized approximate the same size as the end of the sections 16 and 17 so that the end of the sections may be pushed into the respective cavities in the end caps 30 and 31. The cavities are sized such that there is a slight force that is needed to insert the ends into the cavities. Therefore, the end caps will stay in place when positioned on the sections 16 and 17. The end caps may be constructed of

any suitable material, such as a thermoplastic rubber, such as Sanoprene (trademark of Monsanto). The end caps provide a surface which help prevent sliding of the wrist rest when on the support surface. In addition, the end caps will assist in preventing static electricity from being transmitted.

The base member 11, support member 15 (consisting of sections 16 and 17) and dovetail tenons 18 and 19 may be made of any suitable material, e.g. rigid polyvinyl chloride. Further, the components are formed by extrusion, however, other suitable means of manufacture may also be utilized.

A second embodiment of the present invention is shown in Fig. 9. The second embodiment is similar to the first embodiment with the difference being the use of a different locking means between the base member and support member. Accordingly, only the different locking means will be discussed in detail, it being understood that the remainder of the embodiment is similar to the first embodiment. The locking means includes a plurality of protrusions 118 operatively connected to the inside surface of the support member 115, i.e. to both the first section and second section 117. Only the second section 117 is shown in Fig. 9, it being understood that the first section would be similarly constructed. The protrusions 118 are generally rectangular in shape and are elongate and also generally parallel to each other. In a preferred embodiment, the protrusions are extruded along with the section and are an integral portion thereof. The protrusions 118 are spaced at an equal distance. The base member 111 has a plurality of openings 120 which are formed in the outside surface 111a of the base member 111. The openings 120 are generally parallel to each other and spaced at intervals which coincide to the spacing of the protrusions 118. The openings 120 extend substantially the entire length of the base member 111. The protrusions 118 are sized to have a slight snap fit with respect to the openings 120 such that the protrusions 118 will be firmly held in the openings 120, but still are capable of being snapped out of their locked position by the application of an upward force.

In use, the support member 15 is locked into one of a plurality of positions on the base member 11 in order to provide one of a plurality of radial heights above a generally planar work surface W_s . In addition, the first section 16 and second section 17 of the support member 15 are adjusted so as to provide the proper distance between the sections. Referring to Figs. 6 and 7, it can be seen how the wrist rest 10 may be adjusted to a variety of heights. The work surface is represented by the horizontal dashed line W_s . Fig. 1 shows a first radial height H_1 and Fig. 7 shows a second radial

height H_2 . By rotating the sections 16 and 17 relative to each other and then locking the sections in position by insertion of the tenons 18 and 19 into the mortise 20 different radial heights are possible.

The radial height is dependent in which mortise 20 the tenons 18 and 19 are inserted. Referring to Figs. 2 and 8, it can be seen how the overall length of the wrist rest 10 may be adjusted by simply sliding the sections 16 and 17 outward or away from each other. Fig. 8 shows the sections 16 and 17 when they are next to each other and Fig. 2 shows the sections after they have been separated. While it is understood that other suitable dimensions may be used, one example of the present invention has the length L_1 of sections 16 and 17 to be 20 cm (8 inches). The length L_2 of the base 11 is 38 cm (15 inches). To separate the sections, one simply grasps the section 16 and base member 11 with one hand with the other hand you simply slide the section 17 outward. The gripping member 11c may be utilized to have one obtain a better grasp on the base member 11. Similarly, the first section 16 may be slid away from the center of the rest 10. With the sections 16 and 17 extended to the farthest distance, the overall length of the wrist rest 10 would be approximately 76 cm (30 inches). The length can be easily varied between 41 cm and 76 cm (16 inches to 30 inches). Also, the first embodiment is easily adjustable between a radial height of approximately 19 mm (3/4 inch) up to approximate 38 mm (1-1/2 inches). The width of the base member 11 is approximately 6 cm (2-1/2 inches). The height of the dovetail tenon is approximately 4 mm (5/32 inch). The groove of the dovetail mortise is approximately 3 mm (1/8 inch). The difference between the height of the dovetail tenon and the depth of the mortise allows for a clearance to be formed between the base 11 and support member 15. Referring to Fig. 6, it can be seen that the outside surface 11a of the base member 11 and the inside surface 17b of the second section are generally concentric. This allows for the relative rotational movement between the base member 11 and support member 15. Further, the outer surfaces 16a and 17a are concentric with the outside surface 11a. While the outer surface 16a and 17a are generally circular, other suitable configurations may be utilized to provide for proper support. However, the use of a circular outer surface provides for the same resting surface independent upon the relative rotational movement of the base member 11 to support member 15. Still further, the inside surfaces 16b and 17b are also concentric with the outside surface 11a, however other suitable configurations may be utilized. Referring to Fig. 6, it can be seen that each of the surfaces has a radius from a common center. In one embodiment, the dimensions are as follows: $R_1 = 42,4$ mm (1.67

inches), $R_2 = 47,5$ mm (1.87 inches), $R_3 = 50,8$ mm (2.00 inches), $R_4 = 47,2$ mm (1.86 inches).

The user adjusts the specific height of the wrist rest 10 that is comfortable and then appropriately rotates the base member 11 with respect to the support member 15 to achieve the proper radial height. Then, the dovetail tenons are inserted in the appropriate mortise and the support member 15 is no longer able to be rotated relative to the base member 11. This locks in the specific radial height that is desired. Then, the user simply adjusts the width of the wrist support 10 by moving the sections 16 and 17 either closer together or farther apart.

When using the second embodiment, the wrist rest 110 is snapped together by having the protrusions snapped into place into the appropriate openings 120. The base member is rotated relative to the support to obtain the necessary radial height and then the protrusions 118 are snapped into place in the corresponding grooves 120. The spacing of the grooves 120 is substantially identical to the spacing of the protrusions 118 so as to allow for alignment at the various relative rotational positions between the base member and support member. Because there is a friction fit between the protrusions 118 and 120, it is necessary for the user to first determine the desired overall width of the wrist rest 110 so as to have the support member snapped in at the appropriate position along the length of the base member. The overall length of the rest 110 is still easily adjustable by simply removing the sections and locking them in position at a different location, longitudinally, along the base member.

A third embodiment of the present invention is shown in Figs. 10 and 11. The third embodiment is similar to the first embodiment, with the difference being the use of a different locking means between the base member and support member. Accordingly, only the locking means will be discussed in detail, it being understood that the remainder of the embodiment is similar to the first embodiment. The locking means includes two protrusions 218 operatively connected to the inside surface of the support member 215, i.e. to both the first section and second section 217. Only the second section 217 is shown in Fig. 10, it being understood that the first section would be similarly constructed. The protrusions 218 are generally circular in shape and are elongate and are also generally parallel to each other. In a preferred embodiment, the protrusions 218 are extruded with a section and are an integral portion thereof. The protrusions 218 are spaced at a given distance. The base member 211 has a plurality of openings 220 which are generally parallel to each other and spaced at intervals which are equal to the spacing between the protrusions

218. The openings 220 extend substantially the entire length of the base member 211. The protrusions 218 are sized to slide within the openings 220, very similar to the way the dovetail tenons 18 and 19 slide within the dovetail mortises 20. It is understood that other matching configurations between the protrusions and openings are contemplated within the scope of the present invention.

It is recognized that changes may be made to the described embodiments and still come within the scope of the invention. For instance, in the first embodiment, while there are shown a plurality of openings 20 and only one protrusion 18, it is of course possible that there would be a plurality of protrusions and only one opening or a plurality of protrusions and plurality of openings. Similarly, with respect to the second embodiment, there may not be a plurality of both protrusions 118 and openings 120. There could also be a single protrusion with a plurality of openings or a single opening with a plurality of protrusions.

Other modifications of the invention will be apparent to those skilled in the art in light of the foregoing description. This description is intended to provide specific examples of individual embodiments which clearly disclose the present invention. Accordingly, the invention is not limited to these embodiments or the use of elements having specific configurations and shapes as presented herein. All alternative modifications and variations of the present invention which follow in the spirit and broad scope of the appended claims are included.

Claims

1. A wrist rest (10; 110) for supporting a user's wrist while performing an activity, comprising a support member (15; 115; 215) having a rest surface (16a, 17a) and a base member (11; 111; 211) carrying the support member at an adjustable height over a working surface (Ws), characterized by

- (a) the support member (15; 115; 215) having an outer surface (16a, 17a) and an arcuate inside surface (16b, 17b);
- (b) the base member (11; 111; 211) having an inner surface (11b) and an arcuate outside surface (11a);
- (c) said arcuate inside surface (16b, 17b) positioned on top of said arcuate outside surface (11a) and both surfaces configured to be rotated relative to each other; and
- (d) means (18, 19, 20; 118, 120; 218, 220) for locking said surfaces in at least one of a plurality of positions, whereby said rest (10; 110) may have a plurality of heights.

2. The wrist rest (10; 110) of claim 1, wherein:

(a) said support member (15; 115; 215) is generally cylindrical;

(b) said base member (11; 111; 211) is generally cylindrical, said members being substantially concentric; and

(c) said locking means (18, 19, 20; 118, 120; 218, 220) providing for locking said members in a plurality of relative positions after relative rotational movement between said members, thereby defining a plurality of radial heights (H1, H2) of said wrist rest (10; 110) with respect to the planar working surface (Ws).

3. The wrist rest (10) of claim 1 or 2, wherein said locking means comprises a plurality of spaced, longitudinal openings (20) formed in one of said inside (16b, 17b) and outside (11a) surfaces, and a longitudinal protrusion (18, 19) operatively connected to the other of said inside and outside surfaces, said protrusion (18, 19) slideable in a longitudinal direction but lock said members from further relative rotational movement.

4. The wrist rest (110) of any claim 1 to 3, wherein said locking means comprises a plurality of spaced indentations (120; 220) formed in one of said inside (16b, 17b) and outside (11a) surfaces, and a plurality of spaced protrusions (118, 218) operatively connected to the other of said inside and outside surfaces, said protrusions (118, 218) forming a friction fit with said indentations (120; 220), said spaced indentations at a spacing generally equal to a spacing of said spaced protrusions.

5. The wrist rest of any claim 1 to 4, further comprising said support member (15) having a right section (17) and a left section (16) and having means (18, 19, 20) to adjust a distance between said right section and said left section.

6. The wrist rest of claim 5, wherein said adjustment means (18, 19, 20) comprises said right section (17) and left section (16) being slideable in said openings, thereby adjusting the distance between said sections.

Patentansprüche

1. Handgelenkstütze (10; 110) zum Stützen des Handgelenkes eines Benutzers während einer Tätigkeit mit einem Stützelement (15; 115; 215), das eine Auflagefläche (16a, 17a) aufweist, und mit einem Basiselement (11; 111;



218. The openings 220 extend substantially the entire length of the base member 211. The protrusions 218 are sized to slide within the openings 220, very similar to the way the dovetail tenons 18 and 19 slide within the dovetail mortises 20. In is understood that other matching configurations between the protrusions and openings are contemplated within the scope of the present invention.

It is recognized that changes may be made to the described embodiments and still come within the scope of the invention. For instance, in the first embodiment, while there are shown a plurality of openings 20 and only one protrusion 18, it is of course possible that there would be a plurality of protrusions and only one opening or a plurality of protrusions and plurality of openings. Similarly, with respect to the second embodiment, there may not be a plurality of both protrusions 118 and openings 120. There could also be a single protrusion with a plurality of openings or a single opening with a plurality of protrusions.

Other modifications of the invention will be apparent to those skilled in the art in light of the foregoing description. This description is intended to provide specific examples of individual embodiments which clearly disclose the present invention. Accordingly, the invention is not limited to these embodiments or the use of elements having specific configurations and shapes as presented herein. All alternative modifications and variations of the present invention which follow in the spirit and broad scope of the appended claims are included.

Claims

1. A wrist rest (10; 110) for supporting a user's wrist while performing an activity, comprising a support member (15; 115; 215) having a rest surface (16a, 17a) and a base member (11; 111; 211) carrying the support member at an adjustable height over a working surface (Ws), characterized by

- (a) the support member (15; 115; 215) having an outer surface (16a, 17a) and an arcuate inside surface (16b, 17b);
- (b) the base member (11; 111; 211) having an inner surface (11b) and an arcuate outside surface (11a);
- (c) said arcuate inside surface (16b, 17b) positioned on top of said arcuate outside surface (11a) and both surfaces configured to be rotated relative to each other; and
- (d) means (18, 19, 20; 118, 120; 218, 220) for locking said surfaces in at least one of a plurality of positions, whereby said rest (10; 110) may have a plurality of heights,

2. The wrist rest (10; 110) of claim 1, wherein:

- (a) said support member (15; 115; 215) is generally cylindrical;
- (b) said base member (11; 111; 211) is generally cylindrical, said members being substantially concentric; and
- (c) said locking means (18, 19, 20; 118, 120; 218, 220) providing for locking said members in a plurality of relative positions after relative rotational movement between said members, thereby defining a plurality of radial heights (H1, H2) of said wrist rest (10; 110) with respect to the planar working surface (Ws).

3. The wrist rest (10) of claim 1 or 2, wherein said locking means comprises a plurality of spaced, longitudinal openings (20) formed in one of said inside (16b, 17b) and outside (11a) surfaces, and a longitudinal protrusion (18, 19) operatively connected to the other of said inside and outside surfaces, said protrusion (18, 19) slideable in a longitudinal direction but lock said members from further relative rotational movement.
4. The wrist rest (110) of any claim 1 to 3, wherein said locking means comprises a plurality of spaced indentations (120; 220) formed in one of said inside (16b, 17b) and outside (11a) surfaces, and a plurality of spaced protrusions (118, 218) operatively connected to the other of said inside and outside surfaces, said protrusions (118, 218) forming a friction fit with said indentations (120; 220), said spaced indentations at a spacing generally equal to a spacing of said spaced protrusions.
5. The wrist rest of any claim 1 to 4, further comprising said support member (15) having a right section (17) and a left section (16) and having means (18, 19, 20) to adjust a distance between said right section and said left section.
6. The wrist rest of claim 5, wherein said adjustment means (18, 19, 20) comprises said right section (17) and left section (16) being slideable in said openings, thereby adjusting the distance between said sections.

Patentansprüche

1. Handgelenkstütze (10; 110) zum Stützen des Handgelenkes eines Benutzers während einer Tätigkeit mit einem Stützelement (15; 115; 215), das eine Auflagefläche (16a, 17a) aufweist, und mit einem Basiselement (11; 111;



211), das das Stützelement auf einer einstellbaren Höhe über einer Arbeitsfläche (Ws) haltet,

dadurch gekennzeichnet, daß

- a) das Stützelement (15; 115; 215) eine Außenfläche (16a, 17a) und eine bogenförmige Innenfläche (16b, 17b) aufweist,
- b) das Basiselement (11; 111; 211) eine Innenfläche (11b) und eine bogenförmige Außenfläche (11a) aufweist,
- c) die bogenförmige Innenfläche (16b, 17b) auf der bogenförmigen Außenfläche (11a) angeordnet ist und beide Oberflächen so geformt sind, daß sie relativ zueinander verdrehbar sind, und daß
- d) Mittel (18, 19, 20; 118, 120; 218, 220) zum Verriegeln der Flächen in mindestens einer von einer Mehrzahl von Stellungen vorgesehen sind, die der Stütze (10; 110) eine Mehrzahl von Höhen ermöglichen.

2. Handgelenkstütze (10; 110) nach Anspruch 1, deren

- a) Stützelement (15; 115; 215) im allgemeinen zylindrisch ausgebildet ist,
- b) deren Basiselement (11; 111; 211) im allgemeinen zylindrisch ausgebildet ist, wobei die Elemente im wesentlichen konzentrisch zueinander angeordnet sind, und
- c) deren Verriegelungsmittel (18, 19, 20; 118, 120; 218, 220) das Verriegeln der Mittel nach einer relativ zueinander ausgeführten Verdrehung in einer Mehrzahl von zueinander in Bezug stehenden Stellungen ermöglichen, wodurch eine Mehrzahl von radialen Höhen (H1, H2) der Handgelenkstütze (10; 110) gegenüber der Arbeitsflächenebene (Ws) definiert wird.

3. Handgelenkstütze (10) nach Anspruch 1 oder 2,

bei der die Verriegelungsmittel eine Mehrzahl von im Abstand voneinander vorgesehene längliche Öffnungen (20) in den Innen- (16b, 17b) oder Außenflächen (11a) aufweisen und ein länglicher Vorsprung (18, 19) wirksam mit der anderen der Innen- oder Außenfläche verbunden ist, wobei der Vorsprung (18, 19) in Längsrichtung gleitbar ist, jedoch die Mittel gegen weiteres Verdrehen gegeneinander verriegelt.

4. Handgelenkstütze (110) nach einem der Ansprüche 1 bis 3, deren Verriegelungsmittel eine Mehrzahl von im Abstand voneinander angeordnete Einbuchtungen (120; 220) in den Innen- (16b, 17b) oder Außenflächen (11a) und eine Mehrzahl von im Abstand voneinander

angeordnete Vorsprünge (118; 218) aufweisen, die mit der anderen der Innen- oder Außenfläche wirksam verbunden sind, wobei die Vorsprünge (118; 218) reibungsschlüssig in die Einbuchtungen (120; 220) passen, da die im Abstand voneinander vorgesehenen Einbuchtungen in einem Abstand voneinander angeordnet sind, wobei der Abstand der Einbuchtungen etwa dem Abstand der voneinander im Abstand vorgesehenen Vorsprünge entspricht.

5. Handgelenkstütze nach einen der Ansprüche 1 bis 4,

bei der das Stützelement (15) einen rechten (17) und einen linken (16) Abschnitt sowie Mittel (18, 19, 20) aufweist zum Anpassen des Abstandes zwischen rechtem und linkem Abschnitt.

6. Handgelenkstütze nach Anspruch 5,

bei der das Anpassungsmittel (18, 19, 20) die Möglichkeit des Gleitens von rechtem (17) und linkem (16) Abschnitt in den Öffnungen umfaßt, wodurch der Abstand zwischen den Abschnitten einzustellen ist.

Revendications

1. Support de poignet (10, 110) pour supporter le poignet d'un utilisateur alors qu'il accomplit une activité, comprenant un élément de support (15, 115, 215) présentant une surface de repos (16a, 17a) et un élément de base (111, 211) mettant le support à une hauteur ajustable au-dessus d'une surface de travail (Ws), caractérisé en ce que

- (a) l'élément de support (15, 115, 215) présente une surface extérieure (16a, 17a) et une surface intérieure arquée (16b, 17b);
- (b) l'élément de base (11, 111, 211) présente une surface intérieure (11b) et une surface extérieure arquée (11a);
- (c) ladite surface intérieure arquée (16b, 17b) étant positionnée au-dessus de ladite surface extérieure arquée (11a) et les deux surfaces étant configurées pour être en rotation l'une par rapport à l'autre ; et
- (d) des moyens (18, 19, 20 ; 118, 120 ; 218, 220) pour bloquer lesdites surfaces dans une position parmi une pluralité de positions selon lesquelles ledit repose-poignet (10, 110) peut avoir une pluralité de hauteurs.

2. Repose-poignet (10, 110) selon la revendication 1, caractérisé en ce que

- (a) ledit élément de support (15, 115, 215) est essentiellement cylindrique;



- (b) ledit élément de base (11, 111, 211) est essentiellement cylindrique, lesdits éléments étant essentiellement concentriques ;
et
- (c) lesdits moyens de fermeture (18, 19, 20 ; 118, 120 ; 218, 220) permettent de bloquer lesdits éléments dans une pluralité de positions relatives après rotation relative entre eux, définissant ainsi une pluralité de hauteurs radiales (H1, H2) dudit repose-poignet par rapport à la surface plane de travail (Ws).
3. Repose-poignet (10) selon la revendication 1 ou 2, caractérisé en ce que lesdits moyens de blocage comprennent une pluralité d'ouvertures longitudinales espacées (20) formées dans l'une des surfaces intérieure (16b, 17b) ou extérieure (11a), et une saillie longitudinale (18, 19) coopérant avec l'autre de ladite surface intérieure ou extérieure, ladite saillie (18, 19) pouvant coulisser selon une direction longitudinale mais bloquant lesdits éléments pour les empêcher d'observer un autre mouvement de rotation.
 4. Repose-poignet (110) selon l'une quelconque des revendications 1 à 3, caractérisé en ce que lesdits moyens de blocage comprennent une pluralité d'indentations (120, 220) espacées formées dans l'une des surfaces intérieure (16b, 17b) ou extérieure (11a) et une pluralité de saillies (118, 218) espacées coopérant avec l'autre desdites surfaces intérieure ou extérieure, lesdites saillies (118, 218) entrant en friction avec lesdites indentations (120, 220), lesdites indentations étant espacées de façon essentiellement égale à l'espacement entre lesdites saillies.
 5. Repose-poignet selon l'une quelconque des revendications 1 à 4, caractérisé en ce que ledit élément de support (15) présente une section droite (17) et une section gauche (16) et présente des moyens (18, 19, 20) pour ajuster la distance entre ladite section droite et ladite section gauche.
 6. Repose-poignet selon la revendication 5, caractérisé en ce que lesdits moyens d'ajustement (18, 19, 20) incluent ladite section (17) droite et ladite section (16) gauche montées coulissantes dans lesdites ouvertures, permettant ainsi l'ajustement de la distance entre lesdites sections.