How to Optimize Mouse Performance on a Mac

Go to System Preferences (shown above) and click on "Mouse" (shown here in the second row from top and 5th from the left) and that will take you to the next window (below) where you can adjust the following features of mouse operation: Tracking speed, Scrolling speed, Double-click speed, and Primary mouse button controls. Set each of these to maximize efficiency of your movements and to reduce unnecessary motions of the wrists and hands while operating your mouse and scroll wheel.

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