

PRSI Software Inc. is a private company owned by Judith Young and Denny Rudy.

The company was incorporated in 2004 in the Province of Saskatchewan, Canada.

The company mission is to develop prevention and treatment solutions for connective tissue related injuries and conditions.

A team in excess of 50 technicians and consultants has been involved in the creation of the PRSI Break program.

PRSI Break, the company's first product, is an animated notification and stretch break program designed to prevent & treat repetitive strain injury, as well as to reduce stress.

PRSI BSR (Breast Surgery Rehab), a DVD containing stretches developed to assist breast surgery patients with their rehabilitation, has been released recently.

Browse our [Site Map](#) for information about injury risk factors, symptoms of injury, types of injury, the fundamental cause of this type of injury and the PRSI Break solution.