

PRSI Break - The one, fully customizable stretch program.

- Create custom routines for your individual needs.
- Schedule them to play precisely when it works best for you.

PRSI Break's built in menus for creating and scheduling stretch routines make the program completely customizable by preference or need.

Please Note: While the focus of your custom routines will be on specific areas of the body, it is extremely important to include stretches for the whole body during each week. To maintain a healthy [connective tissue](#) system, stretching must be done head to toe.

Examples of where customization can apply:

By Occupation

Office
Custodial
Construction

Focus your routine content on:

- | | |
|-----------------------------|----------|
| - posture | required |
| - movements required | |
| - body area focus | |
| - force being exerted | |
| - how long you sit or stand | |

Examples:

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| - Custodial - back, shoulders |
| - Card Dealer - hands, wrists |

Cooking
Food Service
Physical Therapy

Bank Teller	Musician
Meat Processing	

Postal Worker
Dental
Health Care

Assembly	Manufacture	Esthetics
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Hair Stylist
Card Dealer
Sign Language

By Personal Preference - Content

Pre-Exercise/Sport	Post-Exercise/Sport
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Area of Discomfort
Desired Areas of Focus

By Personal Preference - Scheduling

Time Intervals	Before/After Work
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Before/After Breaks
Desired Areas of Focus

By Injury Recovery Status (With Health Practitioner)

Injury Type (i.e. back, hand)	
Status of Injury Recovery	
Return to Work Status	Desired Areas of Focus

By Work Scheduling Requirements

Before, After, With Others

Timing of Stretch Routines (i.e. School Office - around student traffic)	
Length of Stretch Break	Desired/Required (i.e. Call Center)

