

**Say Good-bye to RSI** RSI is Preventable - PRSI Break is Your Solution

**RSI & Stress Cost Time, Energy & Money** PRSI Break provides Pain & Stress Reduction at Your Fingertips

This section provides information about PRSI Break, a therapeutic stretch program designed to prevent and treat repetitive strain injuries, and to reduce stress.

Browse our [Site Map](#) for complete section content.

In brief:

[Discover It](#) highlights the benefits and features of using PRSI Break.

[See It](#) takes you on a tour of program operation - in video and screen shot formats.

[Buy It](#) opens the PRSI Software store.

When you click on one of the main categories, please explore more detailed information in the list in the right menu bar.