

### RSI Information

The [articles](#) in this section provide additional information about **repetitive strain injury**.

Information about **connective tissue** and role it plays in injury and rehabilitation emphasizes:

- the theory on which PRSI Break has been created, and
- why it works as a prevention solution.

'Breast Surgery Rehab' is an article providing an overview of PRSI BSR, a program we have developed to assist those recovering from breast surgery.

### RSI Links

These [links](#) will take you to sites on which you will find more detailed information about topics found on this site.