

Click a specific Risk Factor for more detailed information. →

RSI Risk Factors & Repetition

Factors such as [slouching](#) , [localized pressure](#) (leaning on desks, arm rests), [movement](#) and [using force](#) can lead to injury if they are done repeatedly for an extended period of time.

It is this repetition that, over time, causes a reaction in the connective tissue system as it responds to these factors.

Connective tissue surrounds all of our nerves, blood vessels and muscles and it responds to stress and strain by contracting and becoming more dense.

This contraction causes symptoms such as pain, tingling, numbness, stiffness and soreness.

Aspects Other Than Repetition

Injury risk factors not directly related to repetitive action include: [previous injury](#) , [previous surgery](#) , [emotional stress](#) , trauma and [aging](#) .

The body responds to these factors at the connective tissue level as well.

The only way to permanently eliminate these symptoms is to consistently take corrective action in the connective tissue.

Stop the Effects of RSI Risk Factors Now



[Use PRSI Break](#)

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

Quick Links to Related Information

- [Injury Cause & Anatomy](#)
- [Connective Tissue](#)