

Click a specific symptom for more detailed information.→

Early Stage Symptoms of RSI Include:

- stiff or sore neck, back, shoulders and arms
- periodic **wrist pain**, finger and **hand numbness** & tingling.

Later Stage Symptoms of RSI

As injury progresses, more severe symptoms occur, including:

- **thumb joint pain**
- **shoulder pain**
- **upper back pain**
- **elbow pain**
- **frozen shoulder**
- **numb hands & numb fingers**
- severe wrist pain
- **tingling** hands & fingers
- throbbing pain in arms and hands at night.

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

Stop The Pain of RSI With PRSI Break



Quick Links to Related Information

- [RSI Cause](#)
- [RSI Risk Factors](#)