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31 Stretches are Designed to Prevent and Treat **Upper-Body RSI** - They address the [cause of injury](#), not only the symptoms.

- PRSI Break Reminds Users to Stretch Regularly - This is a key to prevention.
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Detailed Animation is Used to Demonstrate Stretches - From start to finish, you see each movement of the stretch in quality animation.

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Deep Breathing During Each Stretch - Provides **stress reduction** throughout the day. Ensures stretches are held long enough to be effective.

- Posture is aligned regularly throughout the day to prevent damage to the body caused by slouching, awkward stances and reaching.
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Body Area Grouping - Wrists sore? Click on "Wrists" in our handy 'By Area' section and you can click to play a stretch on the list of stretches specifically for wrists.

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PRSI Break Pre-Set Routines - Pre-set groups of 2 to 4 stretches. Each routine is 4 to 5 minutes long.

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PRSI Break Pre-Set Office Program - Hourly Routines systematically address cumulative effects of seated work.

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Customizable Content and Scheduling - PRSI Break be programmed for non-office occupations and to meet individual scheduling preferences.

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Customizing for **Return to Work** Programs -The custom stretch program can match the stage of recovery.

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Synchronized Animation, Narration and Captioning - Ease of use possible when either vision or hearing is limited.

- User Friendly Feature - Choose Auto Play: the routine will start after a short prompt period or Choose Manual Play: the prompt message will stay at the bottom of your screen until you click Play Now.

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User Friendly Feature - Full length movies for new users and Condensed movies for advanced users. Less narration in the condensed version of each movie.

### Do you want all of these built-in features at your fingertips?

