

**Repetitive movements** can lead to injury.

Factors to consider regarding the risk of repetitive movements include:

- How often?
- How long?
- How fast?
- Same area of the body?
- How much time between the same movements?
- How much variation in movement?

## Effects on the Body - Connective Tissue

Continually using the same areas of the body to do the same type of work all day with no variation in movement would be high risk.

As the duration of required movements increases, it takes more effort to continue to do the work.

Without breaks to give the body time to recover from this effort, the **connective tissue** starts to respond by tightening around blood vessels, nerves and muscles creating symptoms of impending injury such as

**tingling**

,

**numbness**

, stiffness and soreness.

If the cause of these symptoms, contraction of connective tissue, is not addressed, injury can occur.

**The only way to permanently eliminate the injuries caused by repetitive movement is to consistently take corrective action.**

Stretching the connective tissue regularly from the tips of the fingers, through the arms, up into the neck area, and down the back prevents tightness around blood vessels, nerves and muscles.

PRSI Break stretches the body head to toe. Each stretch is designed to release tightness in the connective tissue.

## Does your work or hobby require ongoing repetitive movements?



[Neutralize the risk with PRSI Break.](#)

## Quick Links to Related Information:

- [Fingers: Pain, Numb, Tingling](#)
- [Hands: Numbness, Tingling, Pain](#)
- [Thumb Joint Pain](#)
- [Neck Shoulder Upper Back Pain](#)