

How much energy is used to do an activity?

What type of force is involved?

### Types of Force Related to RSI

- Pushing
- Pulling
- Gripping
- Rotating
- Lifting
- Carrying
- Pounding
- Hitting

How heavy is the object being pushed, pulled, lifted or carried?

How often is this type of exertion necessary?

Is an **awkward posture** involved as well?

Does the body have time to recover between incidences of using force?

Are any symptoms of RSI present? **wrist pain, shoulder pain, arm pain, hands numbness tingling pain, fingers pain numbness tingling, neck shoulder arm pain, back pain**

### How Using Force Affects the Body

If the body is strained repeatedly by the use of force, the **connective tissue** responds just as it does when other risk factors occur. Thickening of the tissue around blood vessels, nerves and

muscles causes symptoms of injury.

And, as in the case with any repetitive risk factor...

**The only way to prevent injury is to address the effects as regularly as the work causing them is done.**

If using force is a regular occurrence, the preventive response must be as well.

By stretching the body's connective tissue on a regular basis, using stretches designed to keep the system flexible and fluid, the negative effects of using force can be eliminated.

**If your work includes the regular use of force, stop the damage now.**

[Use PRSI Break](#) before your work day begins, as often as you can during the work day and when you return home after the day is done. Create custom routines related to the types of movement you do.

## Quick Links to Related Information

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