



---


# Preventing Repetitive Strain Injury

(a.k.a. Musculoskeletal Injury, Musculoskeletal Disorder)

# Prevention Required!

Average length of absences from work related to:

Shoulder Strain:	20 days
Back Strain:	9 days
Hand / Wrist Pain:	9 days
Elbow Forearm Strain:	10 days
Neck Strain:	6 days
Carpal Tunnel Surgery:	28 days



Length of  
absence  
increases as  
workers age.

RSI's Are:  
Predictable  
&  
Preventable

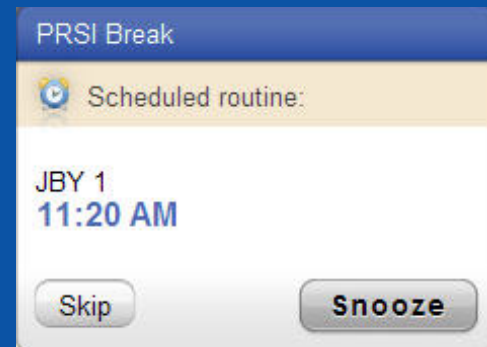


A stretch break program  
designed to:

- ✓ prevent/reduce injury
- ✓ relieve stress.



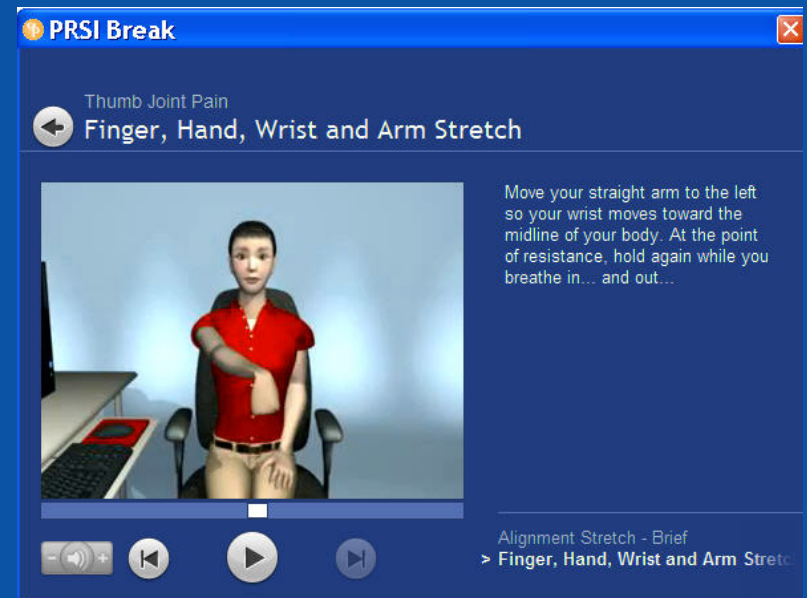
Reminds  
users to  
take breaks.





Demonstrates  
stretches,  
move by move.

Deep breathing is a  
demonstrated  
component  
of each stretch.





Use **PRSI** Break with your ergonomics program to create an injury free workplace.

# Injury Risk Factors

A number of injury risk factors can not be addressed by changes in the environment, equipment or furniture at work.

**ACTION to address these factors**, in addition to ergonomic assessments and modifications, must be taken to prevent injury.

Address  
With:  
Ergonomics  
PRSI Break

R  
I  
S  
K  
  
F  
A  
C  
T  
O  
R  
S

## Posture

Static  
Awkward  
Slouching  
Limb Extension



## Positioning

Angles at Wrists & Knees  
Proximity of Arms & Torso

Repetitive Motion

Address  
With:  
Ergonomics  
PRSI Break

R  
I  
S  
K  
  
F  
A  
C  
T  
O  
R  
S

## Localized Pressure

Lengthy Sitting  
Lengthy Standing  
Leaning  
Crossing Legs

## Using Force

Pushing / Pulling  
Lifting / Carrying  
Gripping / Rotating  
Pounding

Address  
With:  
Ergonomics  
PRSI Break

R  
I  
S  
K  
  
F  
A  
C  
T  
O  
R  
S

Previous Injury  
Previous Surgery

Disease

Emotional Stress

Personal Activities  
Hobbies, Computer At Home, etc.

Aging

To Prevent Injury, Stretch:

Regularly

Effectively

Head to Toe

## Stretch Regularly with



The built in customizable reminder lets you know that it's time to take a break.

## Stretch Effectively with



Stretches are demonstrated slowly, move by move, including necessary time at the resistance point:

- ✓ to address the cause of injury,
- ✓ to avoid injury from stretching too quickly, and
- ✓ to relieve stress.

# Stretch Head to Toe with



In the pre-set program included for office workers, users stretch head to toe each week.

When users create custom programs, PRSI Break will alert them if they miss an area of the body after a set number of days.

Structural Alignment  
Is Crucial

Injury Prevention and Proper Breathing depend on posture.

PRSI Break provides postural correction regularly throughout the day.

# Prevention

## Maintain Structural Alignment

Correct slouching or awkward posture regularly throughout the day.

## Therapeutic Stretching

- ✓ Do stretches slowly.
- ✓ Do them only to the point of resistance, no further.
- ✓ Hold them long enough at the 'stretch point' to be effective.

# Prevention

## Learn About:

- ➡ Causes
- ➡ Symptoms
- ➡ Resources

## Make Changes To:

- ➡ Body Positioning
- ➡ Furniture
- ➡ Equipment



# Benefits

- ✓ Prevent / Reduce Injury
- ✓ Reduce Stress
- ✓ Maintain Structural Alignment
- ✓ Improve Range of Motion
- ✓ Maintain Flexibility
- ✓ Reduce Lost Time & Costs Related to Injury

