

Click topics to the right to access information about named injuries.→

'No-Name' RSI's

If a sore or stiff lower back, **upper back pain**, a **sore wrist** or **numb hand**, is caused by **occupational overuse** rather than a physiological disorder, it is a **repetitive strain injury**.

Repetitive strain injuries do not have to be named.

Labels such as **carpal tunnel syndrome** and **Dequervain's** are often used interchangeably with Repetitive Strain Injury. This is confusing and not correct.

Non-specific RSI's are also known as **diffuse**. They can occur in a single area of the body and, in their early stages, can act as a call to action to prevent onset of more serious injury.

Click on the list to the upper right to read specifics about some of the more commonly diagnosed RSI's.

Treat the cause of RSI to eliminate and prevent the symptoms.

The stretches in PRSI Break align the body, strengthen the neck muscles and stretch the connective tissue head to toe.

Each stretch is demonstrated move by move to ensure the pacing required to keep connective tissue fibers fluid and flexible.

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