

The Stretches Tab is where you find lists of individual stretches.

### ***All Stretches***

An alphabetical list of the 31 stretches in the program as well as a brief description of each stretch.

To play a stretch from this list, click on the play icon next to the stretch name.



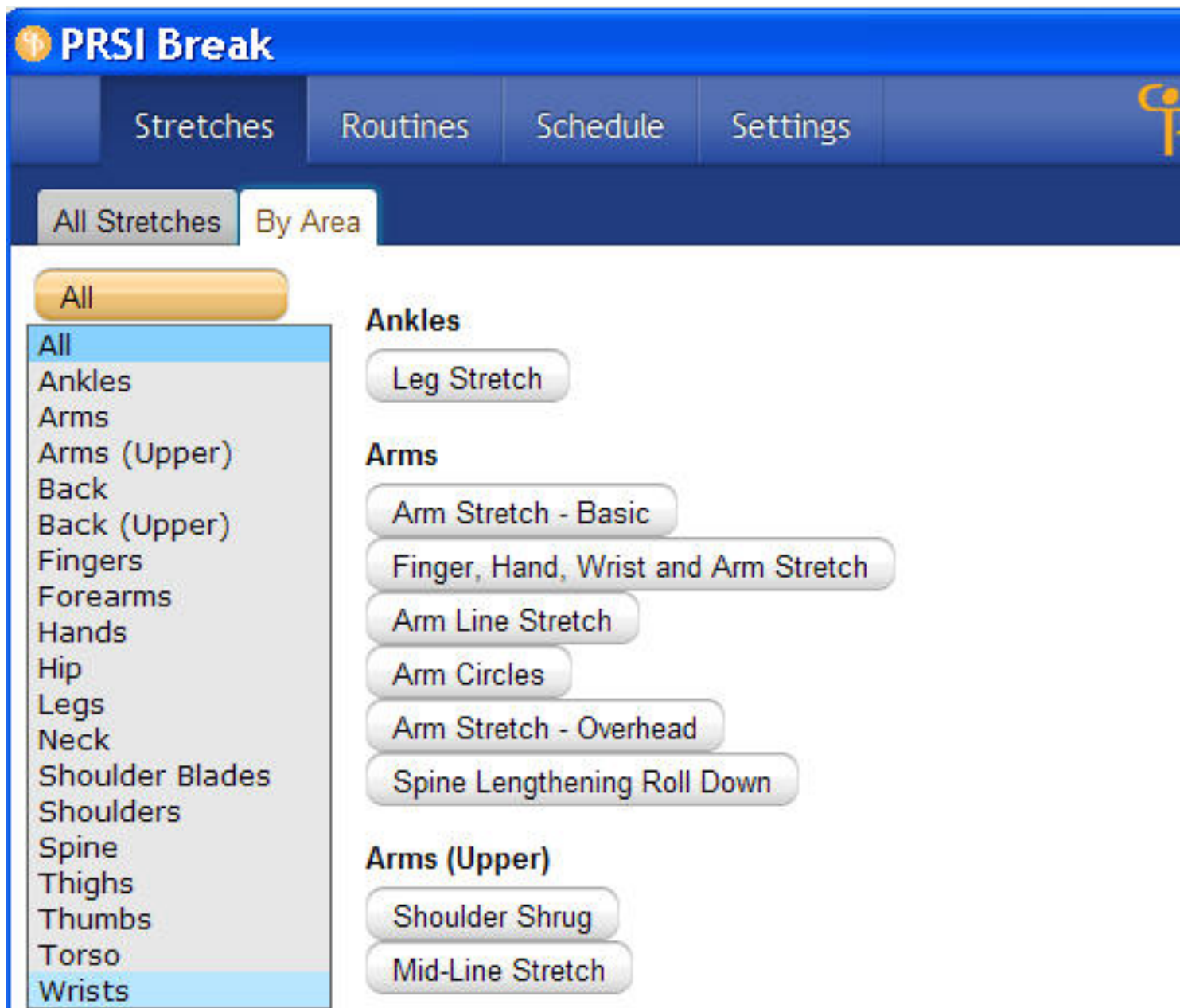
The screenshot shows the PRSI Break software interface. At the top is a blue header with the text "PRSI Break" and a small icon. Below the header is a navigation bar with tabs: "Stretches", "Routines", "Schedule", and "Settings". The "Stretches" tab is selected. Below the navigation bar are two sub-tabs: "All Stretches" (selected) and "By Area". The main content area displays a list of stretches, each with a play button icon and a description:

- Introduction**  
Information about Repetitive Strain Injury (RSI) and how PRSI Break can help you prevent RSI. How and why to sit in proper alignment defined.
- Alignment Stretch - Brief**  
To be done as warm up prior to each exercise segment. Establishes position of alignment and lengthens the spine.
- Alignment Stretch - Complete**  
Establishes position of correct alignment and lengthens the spine.
- Arm Circles**  
Stretch for shoulder area and arms. Arms stretch straight out to the sides and make circular movements.
- Arm Line Stretch**  
Stretch for mid-line of body and arms. One hand stretches upward as the other stretches downward to reach maximum stretch of arm line.
- Arm Stretch - Basic**

### ***By Area***

A list of body areas and grouped stretches that address issues in each of these areas.

This is convenient for times when, for example, your wrists start to feel uncomfortable when you're working.



### ***Stretches for Wrists***

In addition to your scheduled stretch program, you can click on 'Wrists' and click directly on one of the stretches there to play it.

The screenshot shows the PRSI Break application interface. At the top is a blue header bar with the text "PRSI Break" and a small icon. Below the header is a navigation bar with four tabs: "Stretches", "Routines", "Schedule", and "Settings". The "Stretches" tab is currently selected. Below the navigation bar is a sub-menu with two options: "All Stretches" and "By Area". The "By Area" option is selected. Below the sub-menu is a list of stretch categories, with "Wrists" selected. To the right of the "Wrists" category is a list of specific stretches: "Wrist Rotations", "Wrist and Forearm Stretch", "Arm Stretch - Basic", "Finger, Hand, Wrist and Arm Stretch", "Arm Stretch - Overhead", and "Hand Tilt and Push".

**PRSI Break**

Stretches Routines Schedule Settings

All Stretches By Area

Wrists

**Wrists**

- Wrist Rotations
- Wrist and Forearm Stretch
- Arm Stretch - Basic
- Finger, Hand, Wrist and Arm Stretch
- Arm Stretch - Overhead
- Hand Tilt and Push