

Aging starts after growth ceases. In human beings, this occurs at about 25 years old.

While bodies change in many ways as they age, the major changes related to **RSI risk** occur in the **connective tissue** system.

Connective tissue contains

- cells (fibroblasts),
- fibers (collagen & elastin)
- ground substance (gel-like substance).

Aging produces the biggest change in the fibers and ground substance.

Fibers become more rigid and lose their elastic ability to recover.

The ground substance becomes less fluid.

Aging in the Workplace

Flexibility is one of the major determining factors of how old we feel.

Aging & exercise, aging & stretching: These are identified as strategies for maintaining a healthy lifestyle.

With retention of employees identified as a major challenge, it's essential to have an overall strategy in place to maintain workplace health and morale.

Older Tissue is More Easily Injured

Connective tissue becomes less elastic and the risk of RSI is compounded as the body ages.

Preventive action, on a regular basis, is necessary.

PRSI Break - Keep Connective Tissue Flexible and Fluid

Stretch slowly and regularly to help connective tissue retain elasticity.

PRSI Break stretches are designed to work in the connective tissue.

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