

In the early stages of injury, **symptoms** such as **numb fingers**, **tingling fingers** and **finger pain** <sup>com</sup> e and go and can be eliminated by a quick shake or massage of the hand. As time passes, the symptoms do not subside.

### **To Stop Finger Pain NOW, start to stretch regularly with PRSI Break.**

Each PRSI Break stretch is designed to prevent and treat injuries caused by risk factors such as overuse.

**Do the sample stretch below to start to relieve strain in your fingers, hands and forearms now.**

Note: For stretches to be effective, they must be done slowly enough for the body to respond. Rushing a stretch can make injuries worse, not better.

Each of the 31 PRSI Break stretches is demonstrated slowly, move by move. Take your time. Take a break.

{flv}forearm and finger stretch{/flv}

The only way to permanently eliminate the injuries caused by continuous overuse is to consistently take corrective action.

**Do You Have Pain and Discomfort in Your Fingers? Stop It for \$60.**



## Quick Links to Related Information

[Site Map](#) - Link to Reviews of PRSI Break and information about injury risk factors, other symptoms, types of injury, the cause of injury, our research studies and the PRSI Break solution.

[PRSI Break Overview](#) (pdf)

[PRSI Break - Why It Works](#) (pdf)

[Videos - PRSI Break Menu Function & Features](#)