

Click a specific symptom for more detailed information.→

### Early Stage Symptoms of RSI Include:

- stiff or sore neck, back, shoulders and arms
- periodic **wrist pain**, finger and **hand numbness** & tingling.

### Later Stage Symptoms of RSI

As injury progresses, more severe symptoms occur, including:

- **thumb joint pain**
- **shoulder pain**
- **upper back pain**
- **elbow pain**
- **frozen shoulder**
- **numb hands & numb fingers**
- severe wrist pain
- **tingling** hands & fingers
- throbbing pain in arms and hands at night.

Browse our [Site Map](#) for information about injury risk factors, types of injury, the fundamental cause of this type of injury and the PRSI Break solution.

### Stop The Pain of RSI With PRSI Break



## Quick Links to Related Information

- [RSI Cause](#)
- [RSI Risk Factors](#)