## PRSI Break - The one, fully customizable stretch program.

- Create custom routines for your individual needs.
- Schedule them to play precisely when it works best for you.

PRSI Break's built in menus for creating and scheduling stretch routines make the program completely customizable by preference or need.

Please Note: While the focus of your custom routines will be on specific areas of the body, it is extremely important to include stretches for the whole body during each week. To maintain a healthy connective tissue system, stretching must be done head to toe.

Examples of where customization can apply:

## By Occupation



Focus your routine content on:

- posture $\quad$ required
- movements required
- body area focus
- force being exerted
- how long you sit or stand


## Examples:

- Custodial - back, shoulders
- Card Dealer - hands, wrists

| Cooking |
| :--- |
| Food Service |
| Physical Therapy |


| Bank Teller |
| :--- |
| Meat Processing |



## By Personal Preference - Scheduling

Time Intervals Before/After Work

Before/After Breaks
Desired Areas of Focus

## By Injury Recovery Status (With Health Practitioner)

Injury Type (i.e. back, hand)
Status of Injury Recovery
Return to Work Status
Desired Areas of Focus

## By Work Scheduling Requirements

Before, After, With Others

Timing of Stretch Routines (i.e. School Office - around student traffic)<br>Length of Stretch Break Desired/Required (i.e. Call Center)

