

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 application interface. At the top, there is a blue header with the text "PRSI Break" and a home icon. Below the header, there are four tabs: "Stretches", "Routines", "Schedule", and "Settings". The "Stretches" tab is selected. Underneath the tabs, there 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 brief 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 hand 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.

The screenshot shows the PRSI Break application interface. At the top, there is a blue header with the text "PRSI Break" and a logo. Below the header, there are navigation tabs: "Stretches", "Routines", "Schedule", and "Settings". Under the "Stretches" tab, there are two sub-tabs: "All Stretches" and "By Area". The "By Area" sub-tab is active, and a list of body areas is shown on the left. The "Wrists" category is selected, and a list of stretches for wrists is displayed on the right. The stretches listed are: "Leg Stretch", "Arm Stretch - Basic", "Finger, Hand, Wrist and Arm Stretch", "Arm Line Stretch", "Arm Circles", "Arm Stretch - Overhead", "Spine Lengthening Roll Down", "Shoulder Shrug", and "Mid-Line Stretch".

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, there is a blue header 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, there are two sub-tabs: "All Stretches" and "By Area". The "By Area" sub-tab is selected. On the left side, there is a button labeled "Wrists". To the right of this button, the word "Wrists" is displayed in bold. Below this, there is a list of seven stretch options, each in a rounded rectangular button:

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