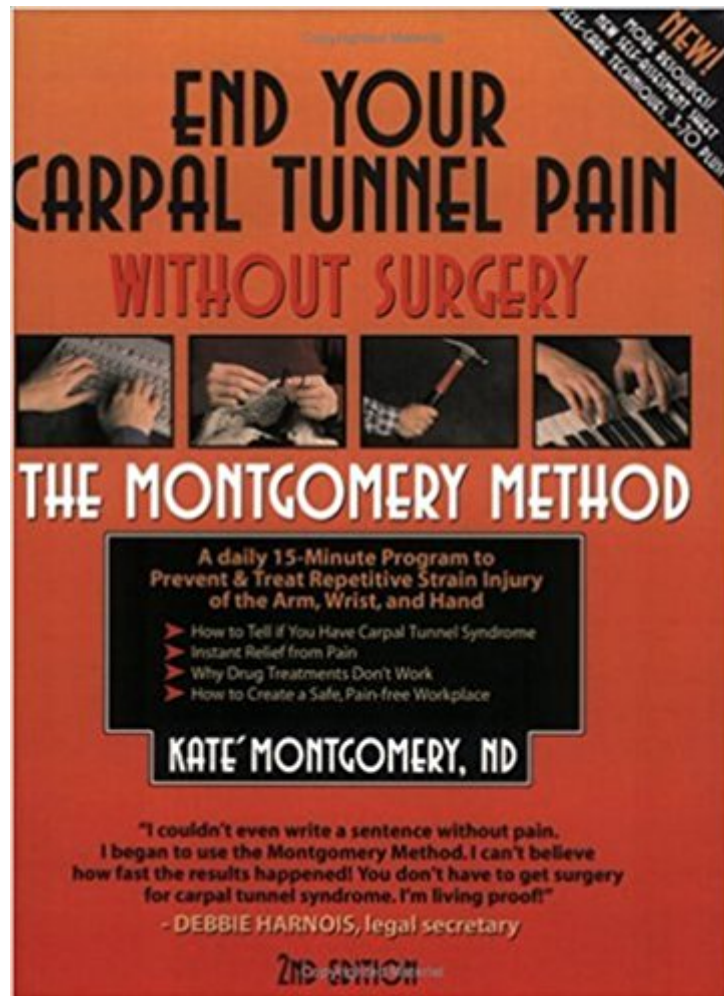




The book was found

# End Your Carpal Tunnel Pain Without Surgery, Second Edition



## Synopsis

NEW REVISED SECOND EDITION 2004, *End Your Carpal Tunnel Pain Without Surgery* (Sports Touch Publishing, \$24.95, paperback), with 198 pages, and 185 illustrations. Kate Montgomery, a Naturopathic Doctor and certified sports massage therapist, has developed a daily 15-minute program to prevent and treat repetitive strain injury of the arm, wrist and hand. Kate's method, a definitive system that describes in detail how to rid yourself of most repetitive strain injuries, from carpal tunnel to tendinitis. Kate has updated and fine-tuned this second edition with New self-care techniques! New resources! New information to make informed decisions regarding health options for repetitive strain injury! New insights into a child's "at risk" to develop RSI! And New self-assessment sheets to help you chronicle your road to improved health! You are in the driver seat and in control of the outcome. Montgomery shares her revolutionary 12-step program that eliminates the carpal tunnel pain and tendinitis. She also discusses other repetitive strain injuries of the upper body, how using her program can reduce absenteeism in the workplace, and minimizes high medical bills. *End Your Carpal Tunnel Pain Without Surgery*, revised second edition, is still the only book of its kind, suggesting a comprehensive self-care program for prevention and relief from the pain associated with repetitive strain syndromes as well as providing ideas for setting up an ergonomically correct work environment. Montgomery explains that relief from CTS/RSI involves a process, not just a one-time visit to a health practitioner. This process includes the following steps: 1. Utilizing the Montgomery Method, a daily 15-minute self-care program which is outlined in the book. 2. Incorporating chiropractic and therapeutic bodywork as maintenance programs into your normal healthcare regimen. 3. Instituting a safe work area with ergonomically correct equipment The Montgomery Method requires no expensive equipment and can be performed anywhere. It will increase mobility and flexibility in your joints, restore energy and strength to the muscles and increase tactile sensitivity of touch. The program is designed to allow you to support and stabilize the muscles and joints of the arm, wrist and hand. More than half a million people a year arrive at doctors' offices complaining of carpal tunnel syndrome or other related repetitive strain injuries. In the 1990's, carpal tunnel syndrome became the surgery of the decade. Moving into the 21st century, Carpal Tunnel Syndrome is the second most common type of surgery, with well over 230,000 procedures performed annually and is the #1 reported medical problem, accounting for about 50% of all work-related injuries. The U.S. Department of Labor has concluded that Carpal Tunnel Syndrome is the "chief occupational hazard;" disabling workers in epidemic proportions. Statistics from 1993 indicate that repetitive strain injuries accounted for \$20 billion a

year in workers' compensation claims. Liberty Mutual Insurance workplace safety Index 2003 lists the top ten workplace injuries. In this top ten, #1 is overexertion (12.5 billion a year 27.3%), #3 is bodily reaction (4.7 billion a year 12.6%) and #6 repetitive motion (2.3 Billion a year 5.1%.) Doing repetitive motion can cause overexertion and bodily reaction time to decrease. So the total of these three is 19.5 billion and 45% of the pie. Almost half is attributed and contributes to RSI injuries.

\*Women are twice as likely to develop Carpal Tunnel Syndrome as opposed to their male counterparts. While women account for about 45% of all workers, they experience nearly 2/3's of all work-related repetitive strain injuries. "how does a 23% surgical success rate, warrant a \$30,000 surgery?" Still in the Media; In 2004, The season finale of "Everwood," a popular Fox TV sitcom, ended its season with Efrem, a budding pianist just accepted to Juilliard making reference to his hoping he doesn't develop carpal tunnel syndrome due to intense practicing and playing. (replayed 9/6/04). July, 2004, Willie Nelson, made news due to not being able to perform at his 4th of July concert due to having Carpal Tunnel Surgery. Don't become a statistic! This disorder is not going away and more and more people are becoming affected by this problem each year. The need is even greater to instill effective prevention, treatment and maintenance programs for these upper body syndromes, which, when classed together are appropriately called work-related musculoskeletal disorders. End Your Carpal Tunnel Pain Without Surgery, revised second edition, will be the book that helps you to overcome the pain of these disorders and restore you to a functional and productive life. whether you are a office worker, court reporter, a concert pianist, a dental hygienist, a golfer, Olympic Rower (Lisa Schlenker, world record holder), hair stylist, massage therapist, law enforcement officer, Nintendo junkie, fisherman, chef, graphic artist, sculptor, painter, glass blower, work with stained glass, musician, student, or assembly line worker, and the list can go on and on; Everyone has HANDS and they are your most valuable tool; and End Your Carpal Tunnel Pain Without Surgery provides you with the tools to be able to do your job or favorite hobby without pain and without giving up the things you love in life. Life is too short; to be stopped by something that is treatable and preventable. Get the help you need from End Your Carpal Tunnel Pain Without Surgery.

## **Book Information**

Paperback: 180 pages

Publisher: Sports Touch; 2nd edition (August 2004)

Language: English

ISBN-10: 1878069071

ISBN-13: 978-1878069078

Package Dimensions: 10.8 x 8.2 x 0.5 inches

Shipping Weight: 1.2 pounds

Average Customer Review: 5.0 out of 5 stars 6 customer reviews

Best Sellers Rank: #3,580,502 in Books (See Top 100 in Books) #35 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Repetitive Strain Injury #1031 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Physical Impairments #2568 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management

## Customer Reviews

...well-illustrated with drawings and photographs . . .can see exactly what causes CTS . . .exercises prevent occurrence.. relieve existing pain . . . -- Journal of Court ReportingIngram Written for everyday people... guide offers routines/exercises to help achieve a lifestyle free from the debilitating effects of CTS. -- Ingraman excellent manual. It should come packed with every new Stenograph machine. Denis Thieven -- Outlines, British Columbia Shorthand Reporters Association Newsletter, British Columbia, Canadaany who suffer from the symptoms of CTS ....an invaluable series of exercises offering an alternative to surgery .. disability." -- Midwest book reviewthe most valuable aspect of this book are its thorough drawings and photographs, which clearly illustrate the author's treatment plan. -- Holistic Health News

A book that is easy to read, comprehend and by following the illustrations, you can do the techniques described within easily. The new editions to this book make it simple to self-monitor yourself and keep a record of improvements. A bigger book, good format.

Back in 1998 I suddenly starting waking up in the middle of the night with numb tingling hands, which just got worse and worse. Ironical because I'd just taken a year of my computer job - but I'd been doing a lot of road and mountain biking and that's what triggered my issues. Being broke and uninsured I bought this book, started doing the exercises, and had noticeable improvement within days. I kept at the exercises, and kept improving. All these years later, most of them back at the keyboard, I have had some issues, and have been formally diagnosed with Carpal Tunnel. But each time it flares up because I've slacked off on the exercises, I've gone back to them, and the wrist and forearm pain and the finger tingling subsides again. It's not perfect, I have to use a fancy trackball mouse, I still can't do many other repetitive things with my hands - but I've kept using a keyboard,

biking, all sorts of other things with no other intervention at all thanks to this book. And I've recommended it to anyone who mentions carpal tunnel.

After starting a new business in 2005, and in continuing our work in Ergonomics, Risk Management, and Workplace Safety, we incorporate Kate's book with every evaluation and training we conduct. As I wrote before, beginning in 1994, I became affiliated with the Montgomery Method. I have utilized the techniques in hundreds of ergonomic and work injury cases. I have found that the Montgomery Method is effective in not only improving the outcome of repetitive strain disorders, it is a viable, preventable injury program I highly support and recommend. Now we are spreading the word to our other Consultants - getting Kate's healing ways in the hands of many more people. We continue to buy her book in bulk - so that we can provide a copy to our clients (companies), and to individuals suffering from work-related carpal tunnel syndrome and/or upper extremity injuries. We see wonderful successes in people using the Montgomery Method. Steve Thompson President, Aspen Risk Management Group [...] Author, Workplace Safety: A Guide for Small and Midsized Companies [...] Founder, Workers' Compensation Training Consortium

I had purchased this book several years back, and had to replace my old damaged copy. This book has some wonderful massages, movements, etc. that can improve one's circulation and mobility. I had C.P. in both hands and had been told by a neurologist that not only was mine "the worst case he had ever seen", but that without surgery I would lose the use of my hands. After working with the techniques described in the book, I was able to increase my typing speed from 35 wpm to 67 wpm (I'm a secretary). And as long as I have continued to use the method, it has continued to help. I have passed on the info to many co-workers & family members, who have also found the book exceptionally helpful. When you consider that surgery for this problem is often unsuccessful and painful, it is definitely worth giving the Montgomery method a try.

Beginning in 1994, I became affiliated with the Montgomery Method. I have utilized the techniques in hundreds of ergonomic and work injury cases. I have found that the Montgomery Method is effective in not only improving the outcome of repetitive strain disorders, it is a viable, preventable injury program I highly support and recommend. In her new book, Kate has added a number of self assessment checklists (very helpful), new resources, and more testimonials. I usually order 25 books or so at a time - so that I can provide a copy to my clients (companies), and to individuals suffering from work-related carpal tunnel syndrome and/or upper extremity injury. I have seen

wonderful successes in people using the Montgomery Method.--Steve Thompson Founder, Workers' Compensation Training Consortium Principal & Managing Consultant, Thompson Currier

In my job of illustrating children's books I have suffered crippling carpal tunnel syndrome pain, burning, and weakness in both hands and wrists to the point of not being about to do my work or even pour milk into my tea. For a self-employed artist and writer this is a very frightening occurrence. When I did the exercises described in this book my pain went away the same day! I think Kate Montgomery's method is nothing short of miraculous. I particularly like the accupressure point exercises. Cynthia Nugent, author of *Francesca And The Magic Bike*, and Illustrator of *Mister Got to Go* and *Arnie*

Kate Montgomery has written an exceptional book on the understanding and treatment of carpal tunnel syndrome and similar repetitive strain injuries. This second edition of the Montgomery Method presents an orderly, science-based program of self care which will surely empower the ones struggling with these disorders, and just as surely compliment the work of healthcare professionals confronted with these problems. This book will be a blessing to all those who, in using this method, discover that chronic pain and disability is not a fate to live with, but to overcome.

[Download to continue reading...](#)

End Your Carpal Tunnel Pain without Surgery, Second Edition The Carpal Tunnel Helpbook: Self-Healing Alternatives for Carpal Tunnel and Other Repetitive Strain Injuries Carpal Tunnel Symptoms and Treatments: All about Carpal Tunnel Syndrome Causes, Diagnosing, Symptoms, Signs, Non-Surgical and Surgical Treatments, Alt End Your Carpal Tunnel Pain Without Surgery: A Daily 15-Minute Program to Prevent & Treat Repetitive Strain Injury of the Arm, Wrist, and Hand Relief from Carpal Tunnel Pain and Other Nerve Entrapment Syndromes The Pain Relief Breakthrough: The Power of Magnets to Relieve Backaches, Arthritis, Menstrual Cramps, Carpal Tunnel Syndrome, Sports Injuries, and More Light at the End of the Carpal Tunnel Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Conquering Carpal Tunnel Syndrome and Other Repetitive Strain Injuries: A Self-Care Program It's Not Carpal Tunnel Syndrome!: RSI Theory and Therapy for Computer Professionals Dr. Pascarelli's Complete Guide to Repetitive Strain Injury: What You Need to Know About RSI and Carpal Tunnel Syndrome The Truth About Carpal Tunnel Syndrome: Finding Answers, Getting Well Natural & Herbal Remedies for Carpal Tunnel Syndrome: Storey Country Wisdom Bulletin A-245 Carpal Tunnel

Syndrome and Repetitive Stress Injuries: The Comprehensive Guide to Prevention, Treatment, and Recovery The Natural Treatment of Carpal Tunnel Syndrome 101 Questions and Answers about Carpal Tunnel Syndrome: What It Is, How to Prevent It, and Where to Turn for Treatment The Carpal Tunnel Syndrome Book: Preventing and Treating CTS Carpal Tunnel Syndrome: A Guide to Daily Activities Eating Do's & Don'ts for Nutritional Management of Carpal Tunnel Syndrome Carpal Tunnel Syndrome & Overuse Injuries: Prevention, Treatment & Recovery (The Family health series)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)