



# End Your Carpal Tunnel Pain without Surgery, Second Edition

*Kate Montgomery*

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**End Your Carpal Tunnel Pain without Surgery, Second Edition** Kate Montgomery

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.

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#### **Jennifer Larson:**

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