



End Your Carpal Tunnel Pain Without Surgery (3rd Edition)

Kate Montgomery

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Simplified and Easy to Follow! Fully illustrated. A Self-Help, How-To Book. Ages 7-70+. All Occupations musicians, artists, assembly workers, a surgeon, dentist, dental hygienist, glass blower, knitter/quilter/needlepoint, computer programmer, graphic designer, rock climber, baseball/basketball/volleyball, archer, secretarial...and the list goes on. We all have hands that need to remain strong and functional and without pain. The New 3rd Ed. focuses on techniques and exercises. It begins with what is carpal tunnel syndrome along with other upper body repetitive strain disorders, tendinitis, symptomology - loss of grip strength, and why the surgical approach, drugs and artificial supports (wrist splints), fail to alleviate the symptoms. Montgomery describes a 7-step self-assessment protocol for symptomology; the 12-Step Montgomery Method™ - designed to assist the reader change the structural misalignment and relieve muscle tension that causes the entrapment and compression of the median nerve from the neck, shoulder, elbow, wrist and hand. Described is correct posture and variations that affect nerve impingement and musculoskeletal strain; massage therapy of the arm to the hand; neurolymphatic massage; myofascial release; acupressure points; eye exercises; breathing and stress reduction; stretching, strengthening and range-of-motion exercises; nutritional recommendations; and the body's relationship to ergonomically correct workstation design and safety. Montgomery offers her expertise and insight into the physical healing of the body to create balance, and continued health and wellbeing. The book in all editions (Carpal Tunnel Syndrome, Prevention & Treatment 1992 and then in 1998 when the title was changed to End Your Carpal Tunnel Pain Without Surgery and published by Rutledge Hill Press) has been sold throughout Europe, United Kingdom, Italy, Germany, Croatia, Australia, South America, Scandinavia, Norway, Philippines, Japan, New Zealand, Canada and the Unit

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Keith Dunn:

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