# END YOUR CARPAL TUNNEL PAIN WITHOUT SURGERY









### THE MONIGOMERY METHOD

A daily 15-Minute Program to Prevent & Treat Repetitive Strain Injury of the Arm, Wrist, and Hand

- In How to Tell If You Have Carpal Tunnel Syndrome
- Instant Relief from Pain
- Why Drug Treatments Don't Work
- How to Create a Safe, Pain free Workplace

KATE MONTGOMERY, ND

"I couldn't even write a sentence without pain.
I began to use the Montgomery Method. I can't believe
how fast the results happened! You don't have to get surgery
for carpal tunnel syndrome. I'm living proof!"

DEBBIE HARNOIS, legal secretary

ZND SDITION

## End Your Carpal Tunnel Pain Without Surgery Second Edition

**Pete Egoscue, Roger Gittines** 

#### **End Your Carpal Tunnel Pain Without Surgery Second Edition:**

End Your Carpal Tunnel Pain Without Surgery Katé Montgomery,2012 No matter what age you are 3 70 from the cyber athlete playing games on mom s cell phone portable and in home game stations to the person who puts in a 12 hour work day on a computer and many other occupations that perform repetitive work you can be affected with repetitive strain injury of the arm wrist and hand In just fifteen minutes a day you can prevent and maintain healthy muscles relieve pain and numbness using the Montgomery Method TM In this book Kate Montgomery teaches her twelve step method for the alignment of the upper body massage and acupressure techniques stretches and how to set up an ergonomic workstation so you can work safely and pain free If practiced regularly it will prevent the return of symptoms This book and the Montgomery Method TM will show you how to Self assess your symptoms Improve your grip strength Relieve muscle tension in the upper body Increase your flexibility and mobility Take control of your health now End Your Carpal Tunnel Pain Without Surgery Kate Montgomery,1998-03-01 This helpful guide tells how to prevent and treat Carpal Tunnel Syndrome in just fifteen minutes a day This proven twelve step routine of adjustments stretches and exercises can eliminate CTS pain without surgery Illustrated and indexed End Your Carpal Tunnel Pain Without Surgery, 3rd Ed. Kate Montgomery,2004

The Ten Things Every Parent Needs to Know Kim Paleg, 1997 In ten warm straightforward chapters Paleg describes in detail the skills parents most need to learn including advice on how to nurture a child emotionally as well as physically how to listen to a child and foster self esteem how to solve problems handle discipline issues cope with anger and take care of themselves as well as the child The Portable Relaxer Fine Creative Media Staff, Matthew McKay, 1997 Chiropractic Way Michael Lenarz, Victoria St. George, 2008-12-10 Chiropractic has become America's most popular form of alternative health care offering lasting relief from pain and many other health benefits to more than 25 million patients annually Yet many people still wonder exactly how chiropractic heals and even experienced patients may be able to get more from their treatments In this accessible and fascinating book Dr Michael Lenarz illuminates the basic principles of spinal health showing how the body naturally lets go of stored pain and disease once the flow of vital energy has been restored He also explains Why adjustments keep the communication flowing clearly quickly and cleanly Why the billion plus nerve pathways carried by the spine can be the key to a wide range of health problems from arthritis headaches and back and neck pain to chronic fatigue and digestive ailments Why many of the health complaints we associate with aging may in fact be the result of old injuries and therefore treatable The different techniques of chiropractic and how to choose the beset chiropractor for you PLUS complete chapters on the diet exercise and stress relief programs that will help you achieve a healthy vibrant energized and pain free lifestyle the chiropractic way American Book Publishing Record ,2007

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