



End Your Carpal Tunnel Pain Without Surgery (Sports touch guide)

Kat Montgomery, Katae Montgomery

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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™. In this book Katé 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™ 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!

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