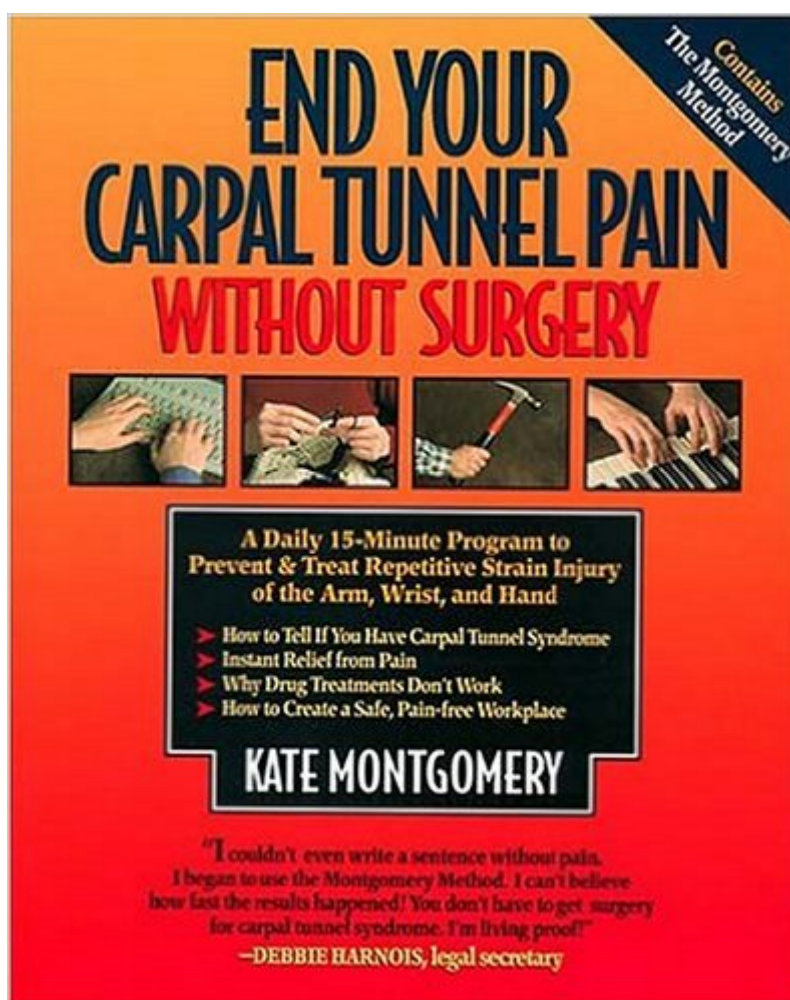


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# End Your Carpal Tunnel Pain Without Surgery: A Daily 15-Minute Program To Prevent & Treat Repetitive Strain Injury Of The Arm, Wrist, And Hand



## Synopsis

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.

## Book Information

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Best Sellers Rank: #110,903 in Books (See Top 100 in Books) #2 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Repetitive Strain Injury](#) #50 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Quick Workouts](#) #64 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases](#)

## Customer Reviews

After having suffered with debilitating pain in both wrists up to my shoulders for over one month, I found Montgomery's book on our local public library shelf. Eager to find relief from my pain that would take me off painkillers and a way from needless surgery, I read her book and applied her twelve steps. I found some relief immediately and over two days I was tremendously better. I also believe her point that 90% of carpal tunnel surgery is unsuccessful. Her methods work and I would recommend them to all carpal tunnel pain sufferers.

Suffering from wrist pain that would not allow me to pick up anything heavy and sent me wretching with pain when I simply rotated my wrist at a dance class. I suffered for about four months and it seemed to be getting worse not better. Then I researched the web and found a carpal tunnel chat line. Person after person reported surgery that didn't work at all or pain that came back after six months or a year. 3 people used Kate Montgomery's method and all reported success. I purchased the book. I started working the suggested program and had relief in about a week. I was consistent with the program for several weeks. The pain totally went away. I still occasionally do some of the

exercises. I have been pain free for over 18 months, now. Please try this before surgery. It worked for me!

I would just like to add my endorsement to the many that you have already received. I have been living with borderline carpal tunnel syndrome for almost 20 years. I have talked to a surgeon, had the test and elected to manage it myself with night time splints and Vitamin B. However, recently, heavy gardening (which I love) had driven me to the point of almost continual numbness and tingling in both hands. Since my income depends on the painting that I do and since my husband and I are about to start building a house, I had begun to consider surgery again when I ran into this book accidentally at the library. Thank goodness for that bit of good luck! I started the massage immediately and miraculously have been free of the numbness and tingling ever since.....about a month now....I am ordering the sports balm and will pass along word on the book and method to any one who needs it.....Linda Croxson

As a technical writer, I have been suffering from RSI (repetitive strain injury) for almost a year now and have been in and out of doctor's offices, physical therapy, and tried every medication out there until I ended up with an ulcer. Kate's book is the first and only thing that I have found that works! Within 15 minutes of opening her book, I was in less pain, after 2 days, I had significantly decreased my pain, and 3 weeks later, I am finally on my way to making a recovery! Before I started her program I was in so much pain that I could barely tie my shoes, let alone get on a computer to work. It seemed that everything I did caused me pain and my hands even hurt when I wasn't even using them. Now, I am back on my computer, back doing what I love, and back to enjoying life again. She has really given me my life back. Thank you, Kate. FOLLOW UP: It's been about a year since I wrote this review, and I am STILL enjoying life and have returned to working full-time as a technical writer, thanks to this book and method.

I was referred by one of my friends to read Kate's book. Since I lived in San Diego, I tracked Kate down and wanted her to see me and help me. All doctors I had seen had recommended surgery for my carpal tunnel. When I saw Kate the first thing she said was "don't do the surgery, carpal tunnel can be reversed". At first, I was a little skeptical, after all I had gone to many experts and they all had recommended the same "surgery". In my desperate state and trying to find a solution, I decided to put myself in her hands. I followed everything she said in her book. After a few sessions with her and doing the exercises, my hands began recovering the strength and I was beginning to perform

normal things like cooking, lifting heavy objects, and using my computer again without so much pain. I did not have to quit my job and regained all hopes to recover without surgery. Two years later, my hands have recovered. Thanks Kate for being that wonderful medicine woman you are!!!!

As a flutist and music therapy major in college, I experienced chronic wrist pain because of countless hours of practicing several instruments, typing papers, and hauling equipment for music therapy sessions. I had been to see a physical therapist during school but was not satisfied with the answer: "Quit practicing." Last year, tired of the physical and mental strain of chronic pain, I tried Kate's book in order to take control of my pain. With daily practice of the exercises illustrated in this book, I was ecstatic with the results. I could not remember the last time my hand was free of pain! Since my livelihood depends on using my hands, knowing I could stay virtually pain free with daily exercises was a huge relief. The trigger point releases and self-massage techniques in this book, help me to release the daily tightness of muscles in my hand and feel great. The range of motion exercises and stretches are quick and easy to do throughout the day. Without this book, I would still be a victim of chronic pain. I have been more than pleased to find a way to strengthen my wrists and hands to prevent further damage and pain. If you are ready to take an active role in decreasing hand and wrist pain and preventing further problems, you will not regret purchasing this book.

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