

Kate Montgomery, CSMT, HHP, ND

Kate Montgomery is a Managing Consultant with Aspen Risk Management Group (Aspen RMG). She is also President and the founder of Sports Touch. Aspen RMG is an employee-owned consulting company providing business improvement strategies to commercial, government, and non-profit organizations.

Kate, degreed as a Certified Sports Massage Therapist, Holistic Health Practitioner and Naturopathic Doctor, is a health, wellness, and safety consultant, with a prior career as a respiratory therapist. She has studied oriental medicine, natural herbal therapy, applied kinesiology and counsels her clients on nutritional programs using hair tissue mineral analysis as her guide.

Kate teaches practical and functional techniques that improve and revitalize the body, mind and spirit. Her clients include Olympic athletes, Ironman triathletes, and thousands who have suffered from carpal tunnel syndrome. She is the author of ***End Your Carpal Tunnel Pain Without Surgery, The Athletic Ritual***, and ***Pain Free Back***. She is a frequent guest on local, national and international radio and television programs. She has worked with companies to help improve the physical health of the workforce through ergonomic/self care programs.

Education/Certifications

- Doctor of Naturopathy (ND), with Honors
- Holistic Health Practitioner (HHP)
- Certified Sports Massage Therapist (SCMT)
- Occupational Health & Safety Certificate Program (San Diego State University)

Publications

- Author of the best selling book: ***End Your Carpal Tunnel Pain Without Surgery*** published by Sports Touch Publishing,. Revised 2nd edition.
- ***The Athletic Ritual and Carpal Tunnel Syndrome/Prevention and Treatment***
- ***Pain Free Back - 2000***
- ***Carpal Tunnel Syndrome - Self- Care, The Montgomery Method*** (Video)
- Health Tips Columnist for WOMENS NEWS - "Health At Your FingerTips®"

Media, Speaking, and Workshops

Founding member of the San Diego Sports Massage Team. The team traveled throughout San Diego working sporting events, educating athletes on the importance of massage therapy. (1984-1990)

Winter Olympics in Calgary, Ontario, Canada as a representative of the American Massage Therapy Association. (1988)

Moscow, Russia with a group of sports massage therapists and chiropractors in the spring of 1989. Trained for eight days at the University of Moscow in Sports Massage taught by Anatoly Biryukov (Dr. of Pedagogic Science and Professor of Therapeutic Physical Training, Massage and Rehabilitation) and received a certificate of completion from the University of Moscow. (1989)

Health Tips Columnist for Women's News, Column – Health at Your FingerTips, San Diego, CA (1992.)

Frequent Guest on Channel 10, KABC Affiliate "Inside San Diego" - Speaking on Preventive Health Tips, San Diego, California (1992)

Prevention Magazines Health Expo in Orlando, FL. (1992)

SHHH – Self-Help for the Hard of Hearing Impaired – Received excellent marks as a presenter. (1992, 1993)

American Massage Therapy Association of CA. San Francisco, CA (1993)

American Airlines Health Fair, San Diego, CA (1993)

Touch For Health International Symposium. Las Vegas, NV (1993)

"Health At Your Finger Tips®" on WALE 990 AM RADIO in Providence, RI reaching the southern New England states every Monday 12-1PM. Host Kate Montgomery. A show dedicated to the understanding of Complimentary Medicine in today's health care system. (1994)

Pilot Program with the Armour Swift-Eckrich Meat packing plant on Cumulative Trauma Disorders. Carpal Tunnel Syndrome and Low Back Muscular Strain. Kansas City, KS. (January 1994)

The American Association of Medical Transcription in San Diego, CA. (1994)

Appeared on the cover of Massage Magazine, 1994.

49th United States Court Reporters Annual Conference. San Diego, CA (1994)

Appeared on the Cover of Massage Magazine/the featured article- 1994

Louisiana Court Reporters Association Annual Conference. (1994)

Presented workshops on Self Care for The Palms Spa in Palm Springs, CA and The Oaks Spa in Ojai, CA

International Forum on New Science - Presentation Clinical Research on The Montgomery Method for Carpal Tunnel Syndrome, a non-surgical approach. (September 13-17, 1995)

The Sixth Annual Women's Health Symposium sponsored by Sharp Memorial Hospital. (March 11, 1995 and Seventh in 1996)

The San Diego Legal Secretaries Association, (1995)

Workshop on Carpal Tunnel Syndrome for the Learning Annex in New York, NY (Oct. 23, 1996)

Presenter at the Fourth Annual International Alternative and Complimentary Medicine Conference, Arlington, VA., Sponsored by Liebert Publishing. (October 1-4, 1998)

Taught workshops on sports massage, Sports Touch Techniques and The Montgomery Method for repetitive strain injuries of the upper and lower body in Perth, Australia and outlying communities. (1990) Met and worked with the trainer of the Eagles Soccer Team on injuries and rehabilitation.

IVOCLAR VIVADENT in St. Petersburg, FL. – CTS Prevention for Dental Technicians while visiting the area. (2000)

Elkhart/Goshen Dental Hygienists' Association. Goshen, IN. (Jan. 2002)

CTS Prevention for Musicians. Goshen, IN. (April, 2002)

Presenter at the Indiana Dental Hygienist Association (IDHA) Conference, Indianapolis, IN. Workshop topic: Protect Your Hands from Carpal Tunnel Syndrome and other upper extremity disorders. (May 31, 2002)

Carpal Tunnel class for Massage Therapists, the Wisconsin AMTA. (May, 2003)

Publication – Access magazine, Preventing Carpal Tunnel Syndrome and

Other Upper Body Musculoskeletal Injuries by Kate Montgomery, ND, A

Publication of the American Dental Hygienist Association. (December, 2003)

NAMM – The National Association for Music Merchants. Conventions in Los Angeles and Nashville, TN. 2004 - Anaheim, CA, My presentation was titled, “ How to Strong Arm Your Way Into Any Gig! My books Carpal Tunnel Syndrome, Prevention and Treatment (3 editions) and more recently, End Your Carpal Tunnel Pain Without Surgery has been featured in the NAMM bookstore for over ten years. (January 16-18, 2004)

Appeared in print interviews, on radio and television written articles on various health subjects, both national and international.

Clients have included Olympic Athletes in the 1988, '92 and '96 Summer and Winter Olympic Games, and Ironman triathletes around the world. i.e. Jackie Joyner Kersee - heptalon & long jump, Bob Ctvrtlik - USA Team Volleyball, Scott Tinley - Ironman Champion, Debbie Lawrence - Olympic racewalker, Steve Scott - miler, Tony Allen-Cooksey - American & World Record Holder - in the Pentathlon, 2004 Lisa Schlenker, women's 2-person lightweight scull, Olympics, Athens, Greece.