The Montgomery Method

Self-Care At A Glance

A 12 Step Prevention & Maintenance Program for Ages 7 and Up

1. Perceived Grip Strength

Squeeze both fists firmly together. Rate your grip strength. 1-10, 10 the most strong that you feel measures your grip strength.

2. Palpation

Tight and "ropey muscles create tension and pain. Pain is an indicator that something is wrong. Press into your muscles, feel the tight-ness? Pain? 1-10, 10 the most tight pain, Rate the level of PAIN.

3. Sensitivity to Touch

What is your perception of sensitivity to touch? Gently rub the thumb pad over the finger pads. 1-10, 10 the most sensitive you feel. RATE your perceptions of sensitivity to touch.

The 12 Steps

1. Posture

You should have a natural curve to your spine; stand tall. Be careful not to over-extend your lower back or lock your knees. The head sets erect on the shoulders, eyes look straight ahead, shoulders are back and down, and the pelvis should be tucked slightly under. Your arms hang loosely at you sides as you raise your height from your rib cage.

2. Neck Message

Massage gently but firmly along both sides of the neck vertebrae. Do this for approximately thirty seconds to on minute, using your finger pads, gently push upward at the base of the skull and hold on for two seconds. Breathe.

3. Shoulder Rolls

Inhale, and roll your shoulders forward. Exhale as you lower your shoulders. Repeat the movement five times in a forward direction and five times in a reverse direction. Relax your facial muscles and breathe deeply.

4. Forward Arm Extension

With the opposite hand, palm upward support the elbow with the palm of the opposite hand. Then gently but firmly flick the forearm outward, and ALWAYS support the elbow. NEVER "free-fall" the elbow joint. Perform this three times on each arm. This is NOT RECOMMENDED for young children.

5. Lateral Arm Extension

With your arm extended in front of you, palm down, support the elbow joint with the opposite hand. Bend the forearm to a 90-de-gree angle in front of your body. Gently but firmly flick the forearm outward as you firmly support and "brace" the elbow joint. Do not go past the shoulder line. Perform three times on each arm. This is NOT RECOMMENDED for young children.

6. Wrist Press

Place your thumb on the top of your wrist, pointed toward the elbow, and curl your fingers around the outer part of the wrist, little finger side. This supports the hand. Move the support hand, flexing & extending the wrist (up & down) as you press your thumb gently but firmly into the wrist. Work back & forth across the wrist three times.

7. Wrist Pull

Grasp the whole hand you are working on with the opposite hand. Gently but firmly pull the hand away from the wrist. Hold for five seconds. Repeat on opposite hand.

8. Wrist Squeeze

Now, gently but firmly squeeze the wrist bones together. Hold for a two second count.

9. Finger Pull

Gently grasp each finger at the base of the finger joint closest to the palm and slowly pull. DO NOT JERK OR SNAP THE FINGERS. Pull each finger once.

10. Upper Back Stretch

Clasp your hands together in front of you and inhale. Ex-hale as you extend your arms out in front of you at chest level, stretching forward. Drop your head as shown. Sink your chest inward and round your shoulders forward. Hold this stretch for a five second count, breathing slowly and deeply. Exhale as you release your hands and draw your shoulders back and down. Repeat this exercise two to five times, or as often as needed.

11. Shoulder, Chest and Elbow Stretch

Standing, clasp your hands and interlace your fingers together behind your back, with the palms facing your back. Inhale, Exhale as you straighten your arms backwards, away from your back. Stretch slowly and hold the stretch for a five-second count. Breathe. You can do this stretch as often as needed. NOTE: Only stretch as far as you can comfortably. In time, as you practice, your chest muscles will become more flexible and you will be able to straighten your arms completely.

12. Neurolymphatic Massage

To eliminate soreness and pain from the muscles. Locate the specific point or dash mark on the diagram. Rub firmly for 10 seconds up to 5 minutes or as long as needed. This will help alleviate the pain and soreness by decreasing inflammation in the affected muscle. An overworked and overstrained muscle will feel sore, tight, and painful to the touch. A healthy muscle will feel light, relaxed, flexible and supple.

THIS TAKES ALL OF FIVE MINUTES TO PERFORM

For more information please go to: **ergohealthy.com**

All material created and written by Kate Montgomery, CSMT, ND.

Trauma to the hand and loss of its function is a serious matter. Consult your Health Care Practitioner before beginning this program. The Instructions and advice presented are in no way a substitute for medical counseling. Any user of this program assumes all risks resulting from performing the techniques suggested. The creators, producers, and distributors of this product disclaim any liabilities in connection with the program and advice herein.

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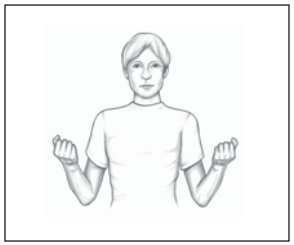
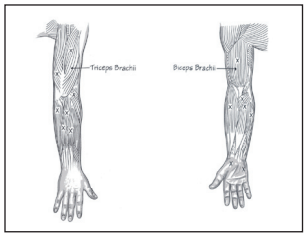
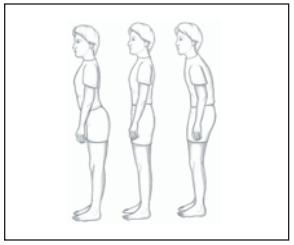


2. Palpation

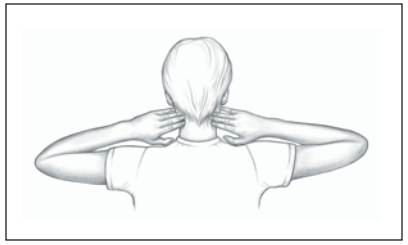


3. Sensitivity To Touch

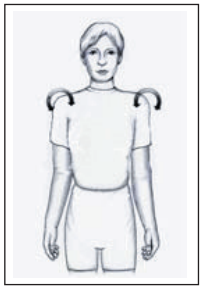
1. Posture



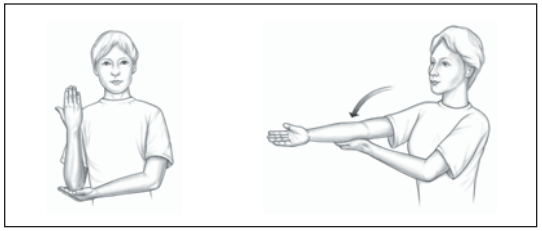
2. Neck Massage



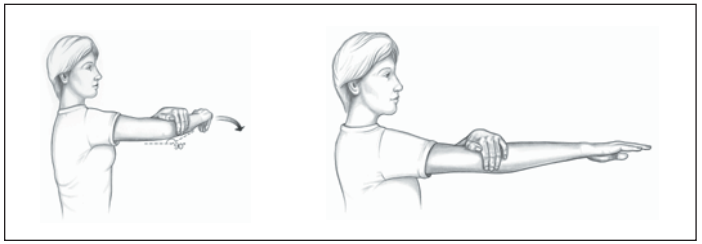
3. Shoulder Rolls



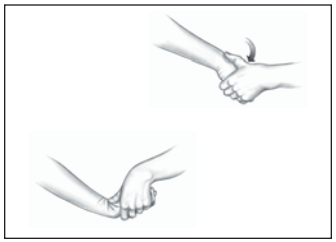
4. Forward Arm Extension



5. Lateral Arm Extension

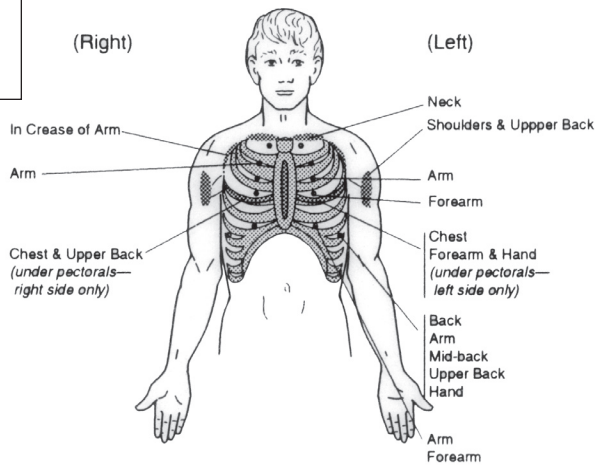


6. Wrist Press



7. Wrist Pull

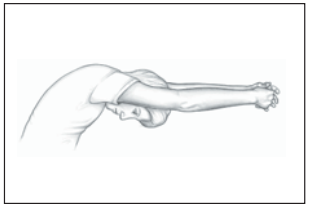
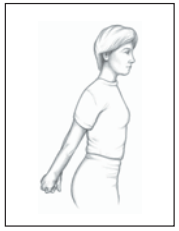
12. Neurolymphatic Reflex Massage



8. Wrist Squeeze

9. Finger Pull

10. Upper Back Stretch



11. Shoulder, Chest, Elbow Stretch