

Extra Tips for A Computer Programmer, Musician, Golfer, Tennis Player and Knitter/Needlepoint/Quilter

No matter what your occupation, sport or hobby, the 12-step Montgomery Method™ can help you to maintain a stronger grip strength, and reduce or eliminate the pain in your arms, wrists and hands. Here are a few extra tips that may help you with this program.

Computer programmer. Before you begin your day, adjust your workstation. This takes five minutes. Every two hours you should do steps 1-11. Massage your muscles as needed. Get up and move around and stretch. Drink plenty of water. Relax your eyes with the vision relaxation exercises described in Chapter 7.

Musician. Warm-up with exercises and self-massage your arms and hands before practice or performing. Complete steps 1-11 before and after playing. Warm-up with the following exercises:

- Ball squeeze or grip strength, ten to twenty times, each hand
- Chinese ball exercise, ten times, each hand
- Rubber band exercise, ten to twenty times, each hand. Use exercise tools to stretch and strengthen the extensor muscles as well as the flexor muscles (pinch grip) of the forearm.

Golfer. Complete steps 1-11 before you tee off. Steps 4-11 can be done throughout the game as needed. After the game, repeat all steps. Use exercise tools to stretch and strengthen the extensor muscles as well as the flexor muscles (pinch grip) of the forearm. A massage is recommended after a tournament, but never get one the day before a tournament, as it may make your body feel sluggish and toxic.

Tennis player. Complete steps 1-11 before you begin a match. Steps 4-11 can be done throughout the game as needed. After the game, repeat all steps. A massage is recommended after a tournament, but never before a tournament, as it may make your body feel sluggish and toxic. Rub the neurolymphatic reflex points for the hamstrings and quadriceps as well as the upper body. For hamstrings, rub the inside of the legs. For quadriceps, rub under the rib cage diagonally. Rub firmly for ten to thirty seconds.

****Once you have brought the body back into structural balance, incorporate stretching and strengthening exercises for the flexor and extensor muscles of the forearm.*

Knitter, Needlepoint, Quilter. Be aware of your posture the whole time you are knitting, needlepointing, or quilting. Doing similar tasks. Rounded shoulders are a hazard with these hobbies. Complete steps 1-11, and stretch throughout your day. Include steps 10 and 11 as much as possible. (For more on how to use the neurolymphatic reflex points, refer to Chapter 4.)