

## **RESUME: Kate Montgomery, CSMT, HHP, TNP, PKP**

### **SKILLS/TRAININGS:**

- Sports Massage
- Trigger Point Therapy
- Acupressure
- Specialized Kinesiology – Touch For Health
- Injury Rehabilitation
- Qigong
- Polarity Therapy

### **ADDITIONAL SKILLS:**

- Author/Publisher
- Professional Speaker
- Health Care Educator/Safety Consultant
- Corporate Trainer: Ergonomic Injuries/Self-Care Programs
- Hair Analysis w/Nutritional Counseling
- Touch For Health – Certified Instructor & Consultant
- Herbal Therapy
- Vestibular Balance Training
- Qigong

### **ORIGINAL IDEAS:**

- The Sports Touch™ System – “Health At Your Finger Tips™”
- The Montgomery Method™ for repetitive strain injuries of the arm, elbow, wrist, hand and lower back for lower body stability and balance.

### **CERTIFICATIONS:**

- Certified Respiratory Therapist, 1971-85
- Holistic Health Practitioner, 1985
- Certified Sports Massage Therapist 1987
- Occupational Health & Safety Cert., 1996
- Traditional Practitioner of Naturopathy – 2000
- Touch for Health I (1986); II, III, IV – 2006
- Touch For Health Instructor Training – 2006
- Professional Kinesiology Practice (PKP) 1 – 2007
- Touch for Health member – # 30518
- Touch for Health update for Instructor & Consultant – 4/2015

## **EDUCATION:**

- March 2014 – Golden Dragon Medical Qigong Intensive: Alchemizing Stress & Restoring Balance in the Body. Certificate. 15 hours. Instructor – David J. Coon, Qigong Master, Boulder, CO.
- July 2007 – Professional Kinesiology Practice International (PKP) 1 – 40 hours – Arlene Green. Goshen, IN.
- June 2006 – Touch For Health II – 15 hours – Steve Woodard. Goshen, IN.
- July 2006 – Touch For Health III – 15 hours – Steve Woodard. Goshen, IN.
- August 2006 – Touch For Health IV – 15 hours – Steve Woodard. Goshen, IN.
- October 2006 – Touch For Health Instructor Training – 60 hours – Dr. Wayne Topping. Bellingham, WA.
- September 2000 – The Clayton College of Natural Health Degree in Naturopathy (ND) with honors; Birmingham, Alabama
- April 1987 – Sports Massage Training Institute, Training and Certification Exam for Sports Massage; Encinitas, California
- September 1984 to July 1985 – International Professional School of Bodywork (formerly Institute of Psycho-Structural Balancing) – 1000 hour Holistic Health Practitioner Program; San Diego, California
- September 1977 to June 1979 – Butte College, Associate of Arts in Respiratory Therapy; Oroville, California
- September 1977 to June – 1978 Butte College, Associate of Arts in Liberal Arts; Oroville, California

## **AFFILIATIONS: (former)**

- Associated Bodywork & Massage Association Professionals #103213
- American Massage Therapy Association from 1985-1991 #2576
- International Massage Association, Inc. #8958
- National Certification In Massage & Bodywork #5575
- United States Sports Massage Federation (Secretary – retired)
- Holistic Health Practitioners Association
- San Diego Sports Massage Team 1984-90
- Touch For Health Association 1986-1996; 2006-current
- International Association for New Science
- Editorial Advisor for Massage Magazine, '90-97
- American Industrial Hygiene Association #188321
- National Safety Council – San Diego, CA, 1996

## **CREATIVE EXPERIENCE:**

- Author of three books plus revisions:
- The Athletic Ritual and Carpal Tunnel Syndrome/Prevention and Treatment, 92, 93, 94
- 1996 Video, Carpal Tunnel Syndrome – Self- Care, The Montgomery Method
- 1998 End Your Carpal Tunnel Pain Without Surgery, 1st edition Published by Rutledge Hill Press, Nashville, TN. Book Tour.
- 2000 – Pain Free Back
- 2004 End Your Carpal Tunnel Pain Without Surgery published by Sports Touch Publishing. Revised 2nd edition.
- Health Tips Columnist for WOMENS NEWS – “Health At Your FingerTips” 1992 San Diego, California
- The Exhilarator Newspaper – Articles on Health and Self Help Tips 2009
- 2012 New Release Edition: End Your Carpal Tunnel Pain Without Surgery
- 2015 New Release: Sport Touch by Kate Montgomery. Publisher - Ultimate Athlete Concepts, MI

## **MEDIA, SPEAKING ENGAGEMENTS, WORKSHOPS**

- Original 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)
- Touch For Health conference, San Diego, CA (1986)
- Touch For Health I, San Diego, CA. (1986)
- Winter Olympics in Calgary, Ontario, Canada - a representative of the American Massage Therapy Association (1988)
- Traveled to Moscow, U.S.S.R. - with a group of sports massage therapists and chiropractors in the spring of 1989 - I 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)
- Traveled to Australia to teach the Sports Touch System in Perth, Australia in 1990 - There worked with the Eagles Football team and was part of the sports massage team for the 1st Western Australian Ironman and gave a short talk to the athletes on the Sports Touch System
- Health Tips Columnist for Women’s News, Health At Your FingerTips, San Diego, CA (1992.)

## **MEDIA, SPEAKING ENGAGEMENTS, WORKSHOPS (continued)**

- A 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)
- 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 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
- RID – The Registry of Interpreters for the Deaf – Presenter at the National Convention on the Prevention and Treatment of Carpal Tunnel Syndrome/Repetitive Motion Injury of the Arm, Wrist and Hand. (1995)
- RID – The Registry of Interpreters for the Deaf Region Five Conference – Presenter on Carpal Tunnel Syndrome: Prevention and Treatment. (1996)
- 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)

## **MEDIA, SPEAKING ENGAGEMENTS, WORKSHOPS (continued)**

- 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)
- I have 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, Perth Symphony and outlying communities. (1990) I also 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)
- Access magazine – *Preventing Carpal Tunnel Syndrome and Other Upper Body Musculoskeletal Injuries* by Kate Montgomery - A publication of The American Dental Hygienist Association. (December, 2003)
- The National Association for Music Merchants (NAMM). Conventions in Los Angeles and Nashville, TN. 2004 – Anaheim, CA. The presentation was titled, *How to Strong Arm Your Way Into Any Gig!* My books *Carpal Tunnel Syndrome, Prevention and Treatment* (3 editions) and *End Your Carpal Tunnel Pain Without Surgery* have been featured in the NAMM bookstore for over ten years. (January 16-18, 2004)
- Pharmaca Integrative Pharmacy – 2008 - Wellness Counselor. California.
- I have spoken at numerous Rotary Club meetings, women's clubs, and many more throughout my career.
- Appeared in print interviews, on radio and television written articles on various health subjects, both national and international.
- Juice Plus – Speaker at local meeting of distributors 1/8/2009 - South Bend, IN.
- The Exhilarator Health Newspaper – Articles on natural health care. Granger, IN 8-09.
- The Exhilarator Health Newspaper – Articles on natural health care. Granger, IN 2010.
- Autism Society of Boulder, CO – Presenter - Brain Balance, 2010.

## **MEDIA, SPEAKING ENGAGEMENTS, WORKSHOPS (continued)**

- 2012 January – Presentation for Deaf Community Services on the Montgomery Method™ for RSI prevention of self-care + ergonomic solutions – ERGOhealthy sponsor, San Diego, CA.
- Southwest Fisheries (NOAA) – Presentation - Ergonomics and Prevention of Musculoskeletal Disorders. Co-presenter with Cathi Marx with Aspen Risk Management - San Diego, CA. June 13, 2012

## **SOME OF MY CLIENTS SINCE 1985 HAVE BEEN ~**

- My clients have included Olympic Athletes in the 1988, '92 and '96 Summer and Winter Olympic Games, and Ironman triathletes around the world, weekend warriors and high school teams. University City HS girls senior basketball team, and boys senior volleyball team; Bess James – Masters Olympic runner, Jamie Crow – Pro Golfer, Thom Hunt – runner, Jackie Joyner Kersee – heptalon & long jump, La Tanya Shelfield – 400m hurdler, Bob Ctvrtlik – USA Team Volleyball, Angela Schmidt-Foster – Canadian Cross Country Team, Scott Tinley – Ironman Champion, Debbie Lawrence – Olympic racewalker, Steve Scott – miler, Tony Allen – American & World Record Holder – in the Pentathlon, 2004 Lisa Schlenker, womens 2-person lightweight scull, Olympics, Athens, Greece. Lesley Paterson – Woman's World Champion in Pro Xterra triathlon. And many more.

## **INTERNATIONAL TRAVELER:**

- Australia, Bali, Czechoslovakia, U.S.S.R., Belgium, Germany, Mexico, South America – Peru, Bolivia, Brazil, Argentina and Uruguay, - Canada – B.C., Calgary, Ontario, Toronto.

## **HOBBIES:**

- Digital photography, travel writing, cooking, gardening and growing my culinary and medicinal herbs. I enjoy trekking up a volcano, riding my bike, dancing the tango in Argentina, walking the countryside meeting people and fully experiencing each moment.