

REACH FOR THE SKY
WITH THESE SIMPLE

Shoulder Tips



PEAK PERFORMANCE

CARE

DR. ELLORA MAGGS



Ellora Maggs is a Doctor of Physical Therapy, a Board-Certified Orthopedic Specialist, and an instructor for several healthcare and fitness seminars across the country. She believes that your body is meant to move and be active and has tremendous faith and optimism in your body's ability to adapt and heal itself. Ellora sees physical therapy as a stepping stone to give her patients back the confidence they need to live the healthy, active lifestyle they deserve. No two patient pathways are identical. Ellora's unique background, with a wide array of experiences, enables her to find the best path for you to optimize your health and achieve all your goals.

Dr. Maggs is an instructor for Active Release Technique (ART), the Selective Functional Movement Assessment (SFMA), The Running Clinic, and StrongFirst. This collection of expertise in hands-on treatment skills, movement assessment, motor control retraining, and higher-level fitness and strength training allows her to adequately assess, protect and then challenge each patient to allow the body's natural adaptation process to thrive. Additionally, this wide range of experience gives her a unique perspective on how to guide her patients from the lowest functional levels to the highest-level performance in sports and life. She can't wait to help you along your journey to get the lifestyle you've always wanted!

Dr. Maggs graduated with her Doctorate in Physical Therapy from Northeastern University. She completed her Master of Science in Physical Therapy at the University of California, San Francisco, and San Francisco State University. She received her Bachelor of Arts in Integrative Physiology from the University of Colorado at Boulder. Ellora has worked on the medical treatment team for several Ironman and Ultra-Marathon events, most recently at the Kona Ironman World Championships, Ironman Arizona, and the Leadville 100 Series. She is certified by the Titlist Performance Institute and has participated in on-site care at the US Open. Additionally, she has treated many professional and high-level athletes in sports, including triathlon, ultra-running, swimming, soccer, basketball, baseball, tennis, rowing, hockey, and track and field. She has a particular interest in helping people enjoy running without injury and has led several outreach programs aimed at preventive care for running injuries. She regularly consults with various triathlon and running clubs with an emphasis on preventive care.

Beyond her expertise in treating athletic injuries, Ellora has significant experience in the community setting where she has treated overuse conditions from the demands of work and life such as tendinopathy, joint pain, low back pain, arthritis, and post-surgical rehabilitation. Prior to her work in orthopedics, she worked in a hospital exclusively for patients with spinal cord injuries. Away from the clinic, Ellora enjoys all things outdoors; you can regularly find her running, swimming, skiing, or hiking. She also has extensive experience in climbing, tennis, and ultimate frisbee. Ellora is a classically trained violinist who enjoys playing the fiddle in various bluegrass and Celtic bands. As a proponent of whole-body health, she supports her local organic farmers. She encourages everyone to look at nutrition as a cornerstone of overall health and fitness.

TIP #1



STAY STRONG

Believe it or not, one of the best things you can do for your shoulder if it's hurting is to find some exercise that doesn't hurt and do it consistently. With so many tendons surrounding this area, and the reality that the best way to treat tendons is to "load" them with exercise, it's no wonder that we find our patients feel better within a couple of weeks simply by finding something that doesn't hurt and doing it often. Of course, if you are having trouble finding this exercise for yourself, we have thousands to choose from! If you are struggling, we can help steer you in the right direction with an individualized session.



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DONT SLEEP ON YOUR SHOULDER

TIP #2



This is a short-term lifestyle modification that is almost always necessary to help calm shoulder pain down so that we can manage it and strengthen it back up. I know, I know, it's 'impossible' to change how you sleep!! But if you get creative with pillows, you can train yourself to avoid sleeping on that side for a short amount of time until you get the pain in control. Remember though, this tip only helps to calm down the pain. It won't actually fix the problem! Make sure you regain the strength in that shoulder for the long term fix - then you can go back to sleeping on your shoulder as much as you'd like!

KEEP YOUR NECK AND BACK FLEXIBLE



The shoulder relies on your mid back to move well, especially when reaching overhead. We often suggest our shoulder pain patients try foam rolling the mid back to see if that helps alleviate any of the stiffness in the region.



AVOID OVERHEAD AND BACKWARD REACH STRETCHES

All of the tendons in the shoulder get compressed when your arm moves into the extreme end ranges of motion. While this is totally normal and not the least bit harmful in the long term future, a shoulder that is irritated will often be continuously provoked if you keep pushing it into extreme ranges of motion. Follow the principle of "calm it down, then build it back up" with your activities and your range of motion.



KEEP EXERCISING AND MOVING

TIP #5



Have you considered a walking program? Even though you might think that walking couldn't possibly help your shoulder pain, some shoulder pain is the result of neural irritability. Walking is good for everything! It's associated with desensitizing the nervous system, calming the 'fight or flight' hormonal drive associated with being in pain, and is loaded with positive benefits for your heart and for your emotional state.

Bonus



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You can still get a great workout even with shoulder pain! Squats, lunges, walking, running, stairs, sit-ups, and on and on! Keep yourself motivated, keep yourself fit, and you will heal faster! When you are able, start to hold a weight in your hands in front of your chest as you do your squats and lunges and before you know it you're on the path to strengthening your shoulder, too.

Posture matters! Not always, in my opinion... I'm totally OK with you slouching on the couch on Friday night watching a movie. I'm not someone who thinks you need to maintain a neutral spine all the time! But, when you have shoulder pain and you are trying to use that arm in your everyday life?? Yup, posture definitely matters now. Keep your chest up and your head over your shoulders to minimize the strain on the shoulder joint. This won't fix your issue, but it might help you have less pain with everyday activities.

Medical Disclaimer

We make every effort to ensure that we accurately represent the injury advice prognosis and health tips displayed throughout this report.

However, examples of injuries and their prognosis and health issues are based on typical representations of those injuries that we commonly see in our physical therapy clinic. The information given within this report is not intended to represent every individual's potential injury or health issue. As with any injury or health issue, each person's symptoms can vary widely and each person's recovery from injury or illness can also vary depending upon background, genetics, previous medical history, application of exercises, posture, motivation to follow a physical therapist's advice and various other physical factors.



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It is impossible to give a 100% complete accurate diagnosis and prognosis without a thorough physical examination and likewise, the information given for the management of an injury cannot be deemed wholly precise in the absence of this examination from one of the physical therapists at Peak Performance Care Physical Therapy.

Significant injury or health risk is possible if you do not follow due diligence and seek suitable professional advice about your injury or illness. No guarantees of specific results are expressly made or implied in this report.