

SIMPLE STEPS TO
MANAGE & PREVENT

Tendinopathy



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



AVOID STRETCHING OR COMPRESSING THE INJURED TENDON

This is usually the most surprising recommendation that I give my patients with tendon pain. Most of them tell me they've been trying to get over their tendon pain by stretching every day, and seem confused that despite their best effort at stretching consistently their pain is not resolving, or sometimes is getting worse! We now know so much more about tendon injuries, and once we apply the latest science to everyday practice, it's easy to see how stretching is actually more harm than good. Please watch the video at the end of this report to fully understand this important tip in managing tendon pain!



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DONT REST AND PROTECT LONGER THAN YOU HAVE TO

TIP #2



Often times we think that if we just rest our body, it will heal itself and recover from injury. However, not all tissues are well equipped to heal themselves with rest. Tendons, for example, do not have a lot of blood flow to them. And so when you rest the tendon, it calms it down. But it doesn't actually help the tendon rebuild and repair after injury. Over-protection or prolonged rest can be part of the reason why tendon pain lasts longer than it has to! The most prudent approach is to rest and recover in the first few days after an injury then find some way of moving that doesn't hurt the tendon and gradually use the tendon more and more over the following 1-3 weeks. Let pain be your guide, but try to stay as active as possible!

AVOID USING ANTI- INFLAMMATORY MEDICATION

TIP #3



While anti-inflammatories can be helpful in reducing pain after a tendon injury, they are typically counter-productive in the long term healing process of the tendon. Because of this, our medical team tries to get the tendon pain in control without medications when possible. Once the pain has been controlled, we work with our medical staff to get our patients off their anti-inflammatory medications so that our rehabilitative process is as efficient and effective as possible.



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Video

We bring this video to you courtesy of Dr. Kevin Maggs, a national speaker and expert in tendon injury management. Learn more about Dr. Kevin Maggs at livelyhealthclinic.com and be sure to check out his blog www.runningreform.com for more videos and information. We are excited to share Dr. Kevin Maggs' video with you because so many of our patients come to us after trying to fix their tendon pain by doing all the wrong things! It might surprise you that some of the things you might automatically think to try are the absolute opposite of what you should do! For example, not all stretching is good. Watch the video to learn why! And if you'd like a personalized assessment to figure out how to address YOUR tendon pain, please get in touch with us!

[Click Here To Watch The Video!](#)

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.



It is impossible to give a 100% complete accurate diagnosis and prognosis without a thorough physical examination. Likewise, the information provided 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.