

Contact: Evelyn Magley
CEO
The Basketball League

P 941-685-6859

Evelyn@thebasketballleague.net

www.thebasketballleague.net



New Study Uncovers Critical Findings in Preventing Many Common Sports Injuries

Director of Sports Biomechanics for The Basketball League, Dr. Tim Maggs, has just published a 3-year study of 351 patients.

According to the study, Dr. Maggs showed that every human has biomechanical imbalances in their feet and leg lengths that are never looked at, even in the most detailed sports physicals. The first step in “fixing” these faults is to perform the appropriate tests.

Dr. Maggs has named this new test ‘**The Maggs Leg Length Test**’, and he believes not only every athlete, but every human being needs to go through this test and then do what is necessary to “*fix the biomechanical imbalances.*” This test should be performed before any athlete takes the field, court, or weight room. It can begin as young as 12 years old.

“This simple set of tests with appropriate steps taken could dramatically reduce injuries in sports and industry while also reducing the exorbitant costs of musculoskeletal care each year in this country,” Dr. Maggs said.

“Athletes are currently flying without a net, as the doctors who are in charge have little to no understanding of human biomechanics,” he said.

Dr. Alex Siozos, a participant in this study and an orthopedic surgeon, calls this study “*a major breakthrough*” in musculoskeletal.

The findings can be found at <https://www.drtimmaggs.com/research-study.html>.

Point of Interest: [Dr. Maggs is also the Team Market Owner of the Albany Patroons. The team was under his full management and care this past shortened season. But still playing 9 games, the team had no injuries.](#)