

From Injury to International Stage: Shona's Road to the Deaflympics

Powered by resilience, community, and PeptiStrong®.

This case study spotlights Dr. Shona Maguire, a veterinary surgeon and competitive judoka, on her inspiring journey to the Deaflympics 2025. It highlights her comeback from a serious knee injury, how PeptiStrong® supported her recovery and performance, and the role it plays in sustaining her demanding training and work schedule. Featuring powerful quotes, competition milestones, and a direct call to support her GoFundMe, the piece blends personal resilience with the science of PeptiStrong®.

Shona's Background and Journey

Can you share a little bit about yourself and your background?

My name is Shona Maguire. I am a mixed practice vet in Leinster. I have been hearing-impaired since infancy, as cholesteatomas in both ears damaged my middle ear. I took up judo as part of the transition year programme in secondary school. I wouldn't have had any interest in martial arts prior to this but I really enjoyed it. Once I began competing in interschool events, I was hooked. I was very competitive through school and college (UCD) and earned my black belt in 2007.

"It has always been a dream to represent Ireland on the international stage."

Can you tell us a little about your journey to qualifying for the Deaflympics 2025 and what it means to you personally?

I initially learned about the Deaflympics through my showjumping coach in 2024. I realised I was eligible but there were no equestrian events in the games. Judo was an option, but I had been off the judo mats since 2010 as the cholesteatomas had returned and I required a big surgery. I decided to get back to the local club and see what I remembered. To qualify for the Deaflympics, I had to show a proficiency in high level international competition, so the pressure was on to start competing again! I started training with several judo clubs and a personal trainer, initially it was a good reminder I wasn't 20 anymore! It all paid off when I won two golds in the Irish masters open and a silver in the Irish open in 2024. It felt great to be back at high level competitive sport again and it has always been a dream to represent Ireland on the international stage.

What were the biggest challenges you faced after your knee dislocation earlier this year, both physically and mentally?

I dislocated my knee in the run up to the Scottish Open 2025. This was to be my first event abroad since my return to judo, so it was devastating after all the work I'd put in. Luckily, I didn't require surgery, but I was still in for a long rehab, and I was really worried I'd lose all the progress I'd made. Rehab went well with regular gym and physio visits and lots of swimming, but it was tough to step back on the mats the first few times. It was challenging to push myself as it took time to fully trust the knee again, and a few of my favourite throws were out of the question until speed and flexibility improved, which necessitated adapting my judo.

→ [Click here to support Shona's journey to the Deaflympics](#)

PeptiStrong[®] introduces a new dimension to muscle health:

PeptiStrong[®] introduces a new dimension to muscle health: clinically studied plant peptides that actively signal your cells to support the body in building and maintaining strength, speeding up recovery, and keeping you energized.

148%

Increase in strength recovery

54%

Increase in muscle energy

47%

Less muscle fatigue

17%

Increase in strength

Shona's Journey with PeptiStrong

What changes did you notice in your body or performance after starting PeptiStrong[®], especially during your injury recovery?

I started PeptiStrong about 2 weeks after the initial injury. At this stage I had completely changed my training program: I swapped running for swimming, twice weekly strength training sessions were concentrating on upper body almost exclusively initially and I had weekly physio sessions. I adjusted to this very quickly, experiencing much less aches and pains than I would have expected from a sudden change in routine!

You mentioned it helped reduce muscle loss—can you describe what that felt like in training or competition?

I returned to judo mid-March, just a few weeks before the British Veterans Open. Aside from some range of movement limitations in the knee, I didn't feel like I had been away from the sport or like my leg strength had reduced. I had 5 fights that day and won 4 of them.

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How has PeptiStrong[®] supported you more recently, as you balance high-level judo training with the physical demands of your veterinary work? Have you noticed differences in things like recovery time, soreness (DOMS), or energy levels since taking it?

As a mixed practice vet my job is quite physically demanding. Since starting PeptiStrong, DOMS and fatigue is rarely an issue despite an intensive training schedule on top of a busy job and home life farming.

The competitive season for the rest of 2025 is very tightly packed so I think PeptiStrong will be important in my recovery between competitions. (European Veterans Cup, Germany-Sept 27th, Leinster Open Oct 12th, Irish Veterans open Oct 25th, World Masters Open Paris Nov 7th, Deaflympics Nov 16th).

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Performance & Impact

“I think [PeptiStrong] allowed me to push myself that bit harder in training which gave me great confidence heading into the competition.”

Looking back at your comeback to competition in March and the gold at the British Veterans Open, how do you think PeptiStrong[®] played a role in helping you get there?

PeptiStrong played an important role in the run up to the British Veterans open as I only had about 3 weeks back at judo before the competition. I had been putting the work in at the gym and with the physio, but I expected to be sore after the first few sessions on the mat, and I wasn't. I think [PeptiStrong] allowed me to push myself that bit harder in training which gave me great confidence heading into the competition.



With the Deaflympics around the corner, how do you see PeptiStrong[®] helping you in the lead up to November 16th?

With the Deaflympics just around the corner, PeptiStrong is a very important part of my preparations. It means I can get the most out of my training and helps me recover between competitions in a packed calendar especially when recovery session may be hampered by travel.

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If another athlete or someone recovering from an injury asked you about PeptiStrong[®], what would you tell them?

I would recommend PeptiStrong to any athlete recovering from injury. I think it allowed me to return to training stronger than I would have expected after a prolonged recovery time. While it didn't reduce the initial acute phase recovery I feel like I made up time by returning to training ahead of where I thought I'd be.

Is there anything else you'd like people to know about your journey, your training, or your fundraising efforts to get to Tokyo?

The journey to Tokyo has been entirely self-funded so far. I'm incredibly lucky to get this opportunity to represent Ireland on the international stage. While I'm really enjoying putting the hours into the training, travelling, and competing, it is hard work juggling work commitments and costs! I have set up a [GoFundMe page](#) and people have been incredibly generous so far, any donations are much appreciated.

➔ [Click here to support Shona's journey to the Deaflympics](#)