

Pushing Back To The Future II



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Guttmann Lectures
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Spinal Injury Centre Research 2012

- ✓ Improving core strength and stamina
- ✓ Development of advanced wheelchair skills
- ✓ Helping to regain balance coordination and hand eye coordination
- ✓ Cardiovascular fitness
- ✓ Facilitating positive psychological state
- ✓ Assisting social interaction and improved self-esteem
- ✓ Escape from routine thus providing opportunity for many
- ✓ Breaking down social barriers
- ✓ Providing a source of fun, leisure and enjoyment



Spinal Center Sport Facilities

- ✓ Gymnasium – 7 (not dedicated – 1)
- ✓ Swimming Pool – 3 (not dedicated – 3)
- ✓ Hydro Pool – 7
- ✓ Weights Room /Conditioning – 6 (not dedicated – 2)
- ✓ Outdoor Tennis Court – 1
- ✓ Outdoor Bowling Green – 1
- ✓ Snooker Room – 1
- ✓ Outdoor Wheelchair Skills Course – 2



We know therefore that

- ✓ We have guidelines
- ✓ We have proof of the benefits
- ✓ We have the facilities
- ✓ We have access to funds via charitable sources



Balance the Argument

- ✓ Money
- ✓ Time to Rehabilitate
- ✓ Desire to Deliver Sport
- ✓ Patients Charter



Progress - Lobbying

- ✓ Jeremy Hunt – Paralympics London
- ✓ Sir Bruce Keogh – Paralympics London
- ✓ Professor Keith Willett
- ✓ Norman Lamb
- ✓ Professor Charles Greenhough
- ✓ SIA Forward Magazine



Progress - Strategy

- ✓ WheelPower – Sports Development Officers
- ✓ WheelPower – Board of Directors
- ✓ A viable strategy
- ✓ Pilot Project funding - £25,000 (Stewarts Law)
- ✓ Sharing at 2013 ISUG
- ✓ Funding Secured!
- ✓ Pilot Units
- ✓ Parallel Project



How the Future Could Look?

- ✓ National (GB-wide) Network
- ✓ Taking some pressure off Physio's/OT's.
- ✓ Supporting Rehabilitation
- ✓ Catalyst with NGB's
- ✓ Permanent mix of activity sessions
- ✓ National Database of Regional Suppliers
- ✓ More active SCI population
- ✓ Funded outside the NHS (or Shared?)
- ✓ Potential long-term increased facilities



Pilot Projects

- ✓ Salisbury and Stanmore Centres selected
- ✓ 1 Year Plot – may not be one size fits all
- ✓ Next Step - Selection of Candidates
- ✓ Stoke Mandeville and Sheffield – parallel
- ✓ Activity Sessions with NGB's (begins July)
- ✓ Liaison via WheelPower Sports Dev Team
- ✓ Others on-stream asap





“...if I ever did one good thing in my medical career it was to introduce sport into the treatment and rehabilitation programme of spinal cord sufferers...”

Professor Sir Ludwig Guttmann



Thankyou

Questions?

