

Annotated Bibliography

Primary Sources

Books

Army Service Forces, Second Service Command. *Conference on Spinal Cord Injuries*. Governor's Island NY: Army Service Forces, Second Service Command. October 19, 1945.

This book gives information on the conference on spinal injuries. Its goal was to share their knowledge on spinal cord injuries, collaborate on new ideas that might benefit the soldier, and agree on basic principles of treatment. This book gave us good insight into Dr. Donald Munro's ideas on treatment and his views on rehabilitation.

Congress of American Physicians and Surgeons. *Transactions of the Congress of American Physicians and Surgeons*. Washington DC: The Congress. December 31, 1919.

This book gives the details of the annual meeting of the Congress of American Physicians and Surgeons. The topic was surgical, orthopedic, and neurological aspects of reconstructive surgery for servicemen after the war. This document gave us information on neurosurgeon Harvey Cushing and treatment methods for spinal injuries prior to Ludwig Guttman.

Great Britain Army Medical Services. *Injuries and Diseases of War*. London: His Majesty's Stationery Office. 1918.

This manual's purpose was to describe british medical and surgical work of the french campaign in 1918, so that known methods of treatment would be available to all officers of the Corps. It gave us information on treatment during world war I.

Hays, Major General S.B., *The Medical Department of the United States Army Surgery - Neurosurgery*, Vol II. Washington DC: Office of the Surgeon General Dept of the Army. December 31, 1959.

This volume deals with injuries and diseases of the spine and peripheral nerve injuries, how they were treated, how they should be treated in the future. It was very insightful to read how these fellow doctors and surgeons dealt with the huge casualties of war.

Articles

Bach, Thomas. "IOC News." March 24, 2020. International Olympic Committee [https://www.olympic.org/news/ioc-president-the-olympic-flame-can-become-the-light-at-t
he-end-of-this-dark-tunnel](https://www.olympic.org/news/ioc-president-the-olympic-flame-can-become-the-light-at-the-end-of-this-dark-tunnel). Accessed April 8, 2020.

This article outlines a news conference by Thomas Bach, the president of the IOC (International Olympic Committee). He answers questions from the media regarding the joint decision of the IOC and the Tokyo 2020 organizing committee to postpone the Olympic and Paralympic Games.

"Change of Hospital For a Victim." *The Birmingham Daily Post*. September 26, 1961. <https://www.britishnewspaperarchive.co.uk/viewer/bl/0002134/19610926/171/0009>. Accessed January 23, 2020.

This is an article about a lady who was involved in a shooting and injured. She was taken into Ludwig Guttmann's care at the Stoke Mandeville Hospital. The article mentions that Guttmann is "known for his work on paralysis sufferers." This article gave us a view on Guttmann's famed work and the type of patients he sometimes encountered.

Craig, Daniel. "Courage Heads for the Olympics." *Summer Chills*. Friday, July 24, 1964. <https://www.britishnewspaperarchive.co.uk/viewer/bl/0000681/19640724/106/0007>. Accessed Feb 20, 2020.

This article is about the athletes who will be going to the Paralympic Games.

"Energy." *Daily Herald*. July 24, 1964. <https://www.britishnewspaperarchive.co.uk/viewer/bl/0000681/19640724/108/0007>. Accessed January 21, 2020.

This is an article in which Ludwig Guttmann describes how well the athletes are progressing and anticipating the 1964 Tokyo Paralympic Games.

Frankel, HL. "The Sir Ludwig Guttman Lecture 2012: the contribution of Stoke Mandeville Hospital to spinal cord injuries." *Spinal Cord* (2012) 50. <https://www.nature.com/articles/sc2012109>. Accessed February 18, 2020.

This article is written by HL Frankel who worked with Ludwig Guttman at Stoke Mandeville Hospital. He was employed at the hospital from 1957-2020. The article describes the history of the hospital, treatment, care, and training methods Ludwig Guttman used while at Stoke Mandeville.

Guttman, Ludwig. "New Hope for Spinal Cord Sufferers." *Medical Times*, November 1945. <https://www.nature.com/articles/sc19795.pdf>. Accessed February 23, 2020.

This article explains the stages of rehabilitation, nursing care, mental health of the patient, importance of exercise and games as a part of treatment.

Guttman, Ludwig. "History of the National Spinal Injuries Centre, Stoke Mandeville Hospital, Aylesbury." *Spinal Cord*, November 1, 1967. <https://www.nature.com/articles/sc196714>. Accessed March 13, 2020.

This article explains the creation and development of the Stoke Mandeville Center. Also the advantages of having it part of the hospital and statistics on clinical work.

Guttman, Ludwig. "New Lives for Old Wheelchair Heroes." *Western Mail*. October 12, 1956. <https://www.britishnewspaperarchive.co.uk/viewer/bl/0000104/19561012/091/0006>. Accessed February 18, 2020.

This article, written by Ludwig Guttman describes his patients and either daily treatments and sports rehabilitation, success of his program, and his desire for his patients to regain their dignity and live normal lives. He also describes the many patients that participate in the Stoke Mandeville Games. We used quotes from this article on our website.

Guttman, Ludwig. "Past, Present and Future of the Specialised Service for Spinal Cord Sufferers." *Paraplegia* 17, (1979). <https://www.nature.com/articles/sc197925.pdf>. Accessed February 22, 2020.

This article Guttman describes the need for more spinal injury centers, official recognition of paraplegia as a specialty, and for the need of a full time director of the unit along with an assistant.

Guttman, Ludwig, and Mehra Dr. N.C. "Experimental Studies on the Value of Archery in Paraplegia." *Paraplegia* (1979) 11. <https://www.nature.com/articles/sc197320.pdf>. Accessed February 22, 2020.

This article is about the first paralympic sport which was archery. The article explains the importance of archery and how it affects the patient's abilities.

Guttman, Ludwig. "The 1964 International Stoke Mandeville Games for the Paralyzed in Tokyo." *Paraplegia* (1965) 3. <https://www.nature.com/articles/sc19656.pdf>. Accessed February 22, 2020.

This article is written by Ludwig Guttman, which describes the second Paralympics in Tokyo, Japan. He explains the medical aspects, accommodation for the paraplegics in the Olympic Village, sporting events and the impact on the Japanese people.

"Legion Gives a Lead." *Larne Times*. November 28, 1946. <https://www.britishnewspaperarchive.co.uk/viewer/BL/0001532/19461128/108/0007>. Accessed March 13, 2020.

This article describes that paraplegics can live useful lives. Given training at Stoke Mandeville, then can work and provide for their families. The British Legion opened a house near the hospital to help paraplegics transition into living on their own.

"Letters to the Editor; Proposed Settlement for Paraplegics." *The Cheshire Observer*. July 7, 1945. <https://www.britishnewspaperarchive.co.uk/viewer/BL/0000157/19450707/030/0002>. Accessed March 13, 2020.

In this editorial the author conveys the debt of gratitude for the sacrifices made by the military and they can become useful members of society. The author proposes converting a current building into housing modified for paraplegics and their families.

"Overcoming Disability; The Horse; Publishing and Crime." *The Illustrated London News*. December 29, 1956.

<https://www.britishnewspaperarchive.co.uk/viewer/bl/0001578/19561229/118/0033>.
Accessed January 23, 2020.

This article is about patients at the Mandeville hospital who suffered from paralysis. It talks about a book written by Sir Ian Fraser. The article says that the book “is one which should make the reader proud and humble - proud of his fellow human beings who have borne suffering with so much, and humble at his grousings at minor discomforts and worries.” This article puts into perspective the amount of suffering the disabled have gone through. It makes other people’s “sufferings” seem insignificant.

Parsons, Andrew. “Tokyo 2020: Welcome to Paralympic year!” January 1, 2020.
International Paralympic Committee.
<https://www.paralympic.org/news/tokyo-2020-welcome-paralympic-year>. Accessed
February 28, 2020.

This article is written by Andrew Parsons, the president of the IPC. He writes about the anticipation of the upcoming Paralympics, sell-out games, largest ever audience, most media coverage, the impact of the Games on political change to include all members of society regardless of ability or disability.

“New hope for the limbless; Paralysed rehabilitated.” *Northern Whig*. October 16, 1948.
<https://www.britishnewspaperarchive.co.uk/viewer/bl/0001542/19481016/016/0001>.
Accessed March 9, 2020.

This article briefly explains the hopelessness of paraplegics prior to the war and the advances to treatment and artificial limbs after the war.

Rowe, Charles. “The Story of 200 Wonderful Wives.” *The People*. January 26, 1948.
<https://www.britishnewspaperarchive.co.uk/viewer/bl/0000729/19480125/070/0004>.
Accessed March 13, 2020.

This article describes spinal injury patients at Stoke Mandeville hospital, their amazing rehabilitation, Ludwig Guttmann’s hand in leading them, and the wives that are waiting for them.

Scruton, Joan. "Sir Ludwig Guttmann: Creator of a World Sports Movement for the Paralyzed and Other Disabled." *Paraplegia* 17 (1979).
<https://www.nature.com/articles/sc197913.pdf>. Accessed February 22, 2020.

This article is written by the secretary-administrator of Spinal Injuries Centre while Ludwig Guttmann was the director. It describes her admiration for Guttmann and how he impacted the world with his vision for treatment of paraplegics and creating the Paralympic movement.

Silver, Dr J.R. "A History of Stoke Mandeville Hospital and the National Spinal Injuries Centre." *Journal of the Royal College of Physicians of Edinburgh*. December 2019.
<https://www.rcpe.ac.uk/college/journal/history-stoke-mandeville-hospital-and-national-spinal-injuries-centre>. Accessed February 23, 2020.

This article is written by Dr. Silver, who worked with Ludwig Guttmann starting in 1956 and became the next director of the spinal center after Guttmann. He describes the history of Stoke Mandeville Hospital, the creation of the spinal center, Guttmann becoming its director, and Guttmann's personality.

Silver, Dr John R. "History of the Treatment of Spinal Injuries." *British Medical Journal*. February 8, 2005. <https://pmj.bmj.com/content/81/952/108>. Accessed February 23, 2020.

This article is also written by a Dr. Silver, who worked with Ludwig Guttmann, explains how the treatment of spinal injuries has progressed through history. It also had a section on Ludwig Guttmann's history, directing the Stoke Mandeville spinal center, treatment methods, and the author's experience working with him.

Smother, Ronald. "Welcoming the Disabled, Atlanta Lets the Games Begin, Again." *New York Times*. August 15, 1996.
<http://search.proquest.com/docview/109580415/pageviewPDF/19ED4984947D4B40PQ/2?accountid=34685>. Accessed November 7, 2019.

This is an article talking about the 1996 Paralympics, which were taking place in Atlanta in a few days. In the article, the author says that the International Olympic Committee declared that after the Atlanta Paralympics, the host country of the Olympics must also give their suggested budget for the Paralympics.

“Sports Association for the Disabled.” *The Coventry Evening Telegraph*. February 28, 1961.

<https://www.britishnewspaperarchive.co.uk/viewer/bl/0000769/19610228/160/0016>.

Accessed February 20, 2020.

This newspaper article is about the creation of the British Sports Association for the Disabled by Ludwig Guttman and explains his lifelong care for the paraplegics. In the newspaper they also honor Guttman as he leads the world in sports for the disabled.

Whitteridge, D. “Ludwig Guttman 3 July 1899-18 March 1980.” *Biographical Memoirs of Fellows of the Royal Society*. Nov 1, 1983.

<https://royalsocietypublishing.org/doi/pdf/10.1098/rsbm.1983.0010>. Accessed April 10, 2020.

The author, Dr. Whitteridge worked with Ludwig Guttman at Stoke Mandeville during World War II. It is a detailed biography of Ludwig Guttman. It describes his early career in Germany, fleeing to the UK and his visionary treatment with rehabilitation for paraplegics and his continued work with paralympic sports after his retirement.

Photographs

“1996 Atlanta Paralympics.” 1996. International Paralympic Committee.

<https://www.paralympic.org/atlanta-1996>. Accessed February 29, 2020.

This picture shows a wheelchair basketball game during the 1996 Atlanta Paralympics.” We used it on our website to show the sport being played inside.

“2000 Sydney Paralympics.” 2000. International Paralympic Committee.

<https://www.paralympic.org/sydney-2000-photos>. Accessed March 1, 2020.

This picture shows a paralympic athlete attempting a long jump at the Sydney Games. We used this picture on our website to show athletes with disabilities can do anything.

“Alpine Skiing, Slalom.” 2012. Michael Knaus.

<https://www.paralympic.org/alpine-skiing/about>. Accessed March 1, 2020.

This picture shows a paralympic skier racing downhill in a slalom event. We used this picture on our website to illustrate paralympic skiing.

“An athlete competing in the javelin event at the 1975 International Stoke Mandeville Games.” 1975. *The Guardian*.

<https://www.theguardian.com/gnm-archive/gallery/paralympic-movement#img-1>. Accessed December 19, 2019.

This is a picture of an athlete throwing a javelin during the Stoke Mandeville Games.

Bown, Jane. “Archery Competitions at the 1975 International Stoke Mandeville Games.” 1975. *Observer*.

<https://www.theguardian.com/gnm-archive/gallery/paralympic-movement#img-4>. Accessed December 19, 2019.

This photo shows the archery competition in the 1975 International Stoke Mandeville Games. Archery was one of the two sports played in the first Stoke Mandeville Games in 1948. We used this photograph on our website to illustrate archery has a long history in the games.

“Dr. Ludwig Guttmann.” Associated Newspapers.

<https://theolympians.co/2017/11/15/the-1964-tokyo-paralympic-games-part-6-dr-ludwig-guttmann-father-of-the-paralympic-movement/>. Accessed February 26, 2020.

This picture shows Guttmann, in his later years, sitting at his desk.

“Donald Munro and Ludwig Guttmann.” International Spinal Cord Society UK.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2031949/>. Accessed March 12, 2020.

This is a picture of Dr. Donald Munro and Dr. Ludwig Guttmann. Dr. Munro had the first successful spinal cord unit in a US hospital. We used this picture on our background page to go along with a quote from Dr. Munro.

“Gilles de la Bourdonnaye Beijing 2008.” 2008. Gaël Marziou.

<https://www.paralympic.org/feature/helsingborg-2019-gilles-de-la-bourdonnaye-ready-to-ble-tennis-return>. Accessed March 1, 2020.

This picture shows a paralympian in a table tennis match during the 2008 Beijing Paralympic Games. We used this picture on our website to show paralympians in action.

“Harvey Cushing.” Cushing Whitney Medical Library.

<https://professorships.jhu.edu/professorship/harvey-cushing-professorship-in-neurosurgery/>. Accessed March 12, 2020.

This picture is of Dr. Harvey Cushing. He was an early pioneer in neurosurgery for paraplegics. We used his photograph on our website along with a quote from him for background information about spinal surgeries during the world wars.

“Joep de Beer of Doorn, Holland”. Getty Images.

<https://www.gettyimages.com/detail/news-photo/joep-de-beer-of-doorn-holland-leans-into-the-javelin-from-news-photo/514970208>. Accessed February 22, 2020.

This picture is of disabled athlete Joep de Beer as he begins his javelin throw. We used this picture to illustrate the early Stoke Mandeville games.

“Lawn Bowls.” 1968. International Paralympic Committee.

<https://www.paralympic.org/tel-aviv-1968>. Accessed February 29, 2020.

This picture shows a paralympian playing lawn bowls, which was added as a sport in 1969. We used this picture on our website to show the game of lawn bowls.

“Ludwig Guttman.” September 3, 2012. The Canadian Jewish News.

<https://www.cjnews.com/culture/sports/ludwig-guttman-angel-paralympics>. Accessed February 17, 2020.

This is a picture of Ludwig Guttman, which we used on our website.

“Ludwig Guttman and nursing staff of the National Spinal Injury Centre.” 1953. Centre for Buckinghamshire Studies.

<https://twitter.com/cenbucksstudies/status/995281200351674369>. Accessed February 19, 2020.

This is a picture of Ludwig Guttmann with nurses who worked at the Stoke Mandeville Hospital. We used this picture on our website to illustrate some of Guttmann's staff.

"Ludwig Guttmann speaks at the opening ceremony." August 1976. Donald Worley. <https://paralymphichistory.org.au/article/ludwig-guttmann-speaks-at-the-opening-ceremony/>. Accessed March 1, 2020.

This is a picture of Guttmann speaking at the opening ceremony of the 1976 Toronto Games. This was the last time he would speak at an opening ceremony because he died in 1980 before the next Olympics. We used this photo on the impact page of our website.

"Ludwig Guttmann teaching physiotherapists." 1947. Picture Post. http://www.mandevillelegacy.org.uk/images/uploaded/scaled/Picture_Post_1.jpg. Accessed February 18, 2020.

This is a picture of Ludwig Guttmann teaching students about the human body. We used this picture on our website to illustrate Guttmann teaching his therapists how to treat paraplegics.

"Ludwig Guttmann with patients at Stoke Mandeville." Ruderman Foundation. <http://rudermanfoundation.org/wp-content/uploads/2016/08/ludwig-guttmann-e1471017142717-825x440.jpg>. Accessed February 20, 2020.

This is a picture of Ludwig Guttmann with his patients outside the Stoke Mandeville Hospital.

"Ludwig Guttmann." 1952. WheelPower. <https://www.insidethegames.biz/articles/1068055/stoke-mandeville-stadium-to-celebrate-70th-anniversary-of-birth-of-paralympic-movement>. Accessed February 22, 2020.

This picture shows Ludwig Guttmann speaking at the 1952 1st International Stoke Mandeville Games.

Mallison, Rodger. "During a wheelchair basketball game between Fort Worth and Arlington teams, Jeff Church tosses a hook pass." November 9, 1983. University of Texas. <https://library.uta.edu/txdisabilityhistory/img/10014182>. Accessed November 7, 2019.

This is a picture of a paralympic wheelchair basketball game between Fort Worth and Arlington. Jeff Church is the player passing the ball.

Mallison, Rodger. "Eric Harris and Monty Youngblood of Arlington tip the ball during a wheelchair basketball game." November 9, 1983. University of Texas. <https://library.uta.edu/txdisabilityhistory/img/10014178>. Accessed November 7, 2019.

This is a picture of two disabled athletes tipping the ball before a basketball game. This is just one of many pictures that shows the impact Guttman's work has had, and continues to have, on the lives of the disabled.

McCabe, Eamonn. "A shot putter in action at the 1983 International Stoke Mandeville Games." 1983. Observer. <https://www.theguardian.com/gnm-archive/gallery/paralympic-movement#img-8>. Accessed December 19, 2019.

In this picture, a man in a wheelchair is shooting a ball. It shows that disabled people aren't just cripples who we should pity, but they are regular people who can do many of the same sports non-disabled people can do.

McCabe, Eamonn. "Wheelchair basketball competitors in action at the 1983 International Stoke Mandeville Games." 1983. The Guardian. <https://www.theguardian.com/gnm-archive/gallery/paralympic-movement#img-11>. Accessed December 19, 2019.

This is a picture of a wheelchair athlete who has been knocked down while playing a game.

"Opening Ceremony of the Rome 1960 Paralympic Games." 1960. International Paralympic Committee. <https://www.paralympic.org/rome-1960>. Accessed February 21, 2020.

This picture shows the opening ceremony of the first Paralympic Games which were held in Rome, only a few days after the Olympics ended.

"Paralympic Games Emblem." 2004. International Paralympic Committee. https://www.paralympic.org/sites/default/files/styles/header_logo/public/2019-10/IPC%20new%20logo%201.jpg?itok=EJB4CZ2R. Accessed February 28, 2020.

This picture is of the Paralympics logo. We used it on our website to show what it looks like and describe its meaning.

“Patient basket weaving.” National Spinal Injuries Centre.

http://www.mandevillelegacy.org.uk/page_id__13.aspx?path=0p4p13p. Accessed February 21, 2020.

This is a picture of a patient basket weaving. We used this picture on our website to illustrate patients doing occupational therapy at Stoke Mandeville Hospital.

“Patient.” National Spinal Injuries Centre.

http://www.mandevillelegacy.org.uk/page_id__6.aspx?path=0p4p13p. Accessed February 21, 2020.

This is a picture of a patient getting turned to relieve pressure. We used this picture on our website to illustrate the nurse caring for the patient to prevent bedsores.

“Patient therapy.” 1950. National Spinal Injuries Centre..

http://www.mandevillelegacy.org.uk/page_id__13.aspx?path=0p4p13p. Accessed February 21, 2020.

This is a picture showing a patient doing physical therapy. We used this picture on our website to show the rehabilitation the patients had to go through.

“Physiotherapist and patients with medicine balls.” WheelPower.

http://www.mandevillelegacy.org.uk/page_id__22.aspx?path=0p4p13p. Accessed February 26, 2020.

This picture shows therapists working with patients using medicine balls for rehabilitation. We used this picture on our website to illustrate exercise therapy.

“Professor Sir Ludwig Guttman at the Stoke Mandeville Games 1955/6 prize giving ceremony.” 1956. Margaret Anne Audous.

<https://www.paralympicheritage.org.uk/paralympic-medals>. Accessed February 21, 2020.

This picture shows Ludwig Guttman giving out prizes at the awards ceremony at International Stoke Mandeville Games. We used this on our website to illustrate the many prizes that were given.

Ramage, Fred. "Basketball At The Stoke Mandeville Games." July 30, 1955. Getty Images.

<https://www.gettyimages.com/detail/news-photo/the-us-basketball-team-scores-against-the-netherlands-at-news-photo/3262072?adppopup=true>. Accessed February 22, 2020.

This photo shows the basketball match between USA and Netherlands at the 1955 Stoke Mandeville Games. We used this picture on our website to illustrate the international competition and participants.

"Rick Hansen, 1984 Los Angeles Paralympics." 1984. CP photo.

<http://canadasports150.ca/en/paralympic-games/1976-paralympic-games-toronto/57>. Accessed March 1, 2020.

This photo shows two wheelchair racers competing in the 1984 Paralympics. We used this photo on our website to show how wheelchairs changed through the years.

"Rio 2016 Paralympic Games - Athletics." Sept 8, 2016. Getty Images.

<https://www.zimbio.com/photos/Brian+Siemann/Rio+2016+Paralympic+Games+Athletics/ncfHYkY34WP>. Accessed March 1, 2020.

This photo shows paralympic wheelchair racers competing in the men's 100m during the Rio Games. We used this picture on our website to show the paralympics through the years.

"Rome 1960." August 17, 2012. *Paralympic Anorak*.

<https://paralympicanorak.wordpress.com/2012/08/17/summer-paralympic-games-logos-1960-2008/>. Accessed February 27, 2020.

This is the 1960 Paralympic Games logo. We used this picture on our website.

Saunders, Kenneth. "Male and female athletes competing in wheelchair basketball at the 1987 International Stoke Mandeville Games." 1987. *The Guardian*.

<https://www.theguardian.com/gnm-archive/gallery/paralympic-movement#img-3>. Accessed December 19, 2019.

This is a picture of wheelchair athletes preparing to rebound the ball while playing basketball.

“Sir Ludwig Guttman, 1976 Paralympic Games.” 1976 Canadian Paralympic Committee. <https://www.paralympic.org/tel-aviv-1968>. Accessed March 1, 2020.

This picture shows Guttman at the 1976 Games in Toronto Canada, with other Games executives. We used this photo to show Guttman in later years.

“Sir Ludwig Guttman, the Stoke Mandeville Games 1952.” 1952. National Paralympic Heritage Trust. <https://www.sportingheritage.org.uk/content/collection/national-paralympic-heritage-trust> Accessed February 24, 2020.

This photo shows Ludwig Guttman welcoming participants to the games. We used this picture on our website to illustrate the motto of the games which is in the background of the picture.

“Stoke Mandeville Games.” July 25, 1961. Getty Images. https://live.staticflickr.com/864/41672715882_ec94240736.jpg. Accessed March 1, 2020.

This photo shows Ludwig Guttman posing with the Irish men’s archery team. We used this photo on our website as a background picture for our thesis page.

“Stoke Mandeville Games in the 1960s.” 1960. International Wheelchair and Amputee Sports Federation. <https://www.paralympicheritage.org.uk/1960s-part-of-the-olympics>. Accessed April 14, 2020.

We used this picture on the homepage of our website. It is a photograph of wheelchair athletes standing in front of a banner that reads “Stoke Mandeville Games.”

“Stoke Mandeville Hospital aerial view”. 1954. Dr. John Silver. http://www.mandevillelegacy.org.uk/page_id__16.aspx?path=0p4p13p. Accessed February 20, 2020.

This is an aerial view of the Stoke Mandeville Hospital. We used this picture on our website to show how big the hospital was.

“Stoke Mandeville Hospital.” 1954. National Spinal Injuries Centre. http://www.mandevillelegacy.org.uk/page_id__16.aspx?path=0p4p13p. Accessed February 20, 2020.

This is a picture of the Stoke Mandeville hospital. We used this picture on our website to illustrate what the hospital looked like.

“Stretching exercises outside the National Spinal Injuries Centre.” National Paralympic Heritage Trust.

<https://www.sportingheritage.org.uk/content/collection/national-paralympic-heritage-trust>
Accessed February 26, 2020.

This photo shows paraplegic patients stretching with medicine balls at NSIC, Stoke Mandeville. We used this photograph to illustrate who the patients exercised as part of their treatment.

“Teams from Yugoslavia and Great Britain”. 1956. National Spinal Injuries Centre.
http://www.mandevillelegacy.org.uk/page_id__18.aspx. Accessed February 22, 2020.

This picture shows the Yugoslavian and Great Britain teams at the opening ceremony of the 1956 Stoke Mandeville Games. We used this picture on our website to illustrate the games and participants.

“The 1965 Tokyo Paralympics.” 1964. Kyodo News Agency.
<https://theolympians.co/2017/11/10/the-1964-tokyo-paralympic-games-part-3-an-immediate-and-powerful-impact-on-japanese-perceptions/>. Accessed March 1, 2020.

This picture shows the 1964 Paralympic basketball game between the USA and Japan. We used this picture on our website to illustrate wheelchair basketball.

“The closing ceremony at the Stoke Mandeville International Games.” 1962. NSIC.
http://www.mandevillelegacy.org.uk/page_id__19.aspx. Accessed March 1, 2020.

This picture shows the closing ceremony of the International Stoke Mandeville Games in 1962.

“The Fifth International Stoke Mandeville Games.” 1956. National Paralympic Heritage Trust. http://www.mandevillelegacy.org.uk/page_id__18.aspx. Accessed February 22, 2020.

This picture shows the parade of participants in the Fifth International Stoke Mandeville Games.

“The First Stoke Mandeville Games.” 1948. WheelPower.

<https://www.insidethegames.biz/articles/1068055/stoke-mandeville-stadium-to-celebrate-70th-anniversary-of-birth-of-paralympic-movement>. Accessed February 22, 2020.

This picture shows the archery participants in the First Stoke Mandeville Games in 1948. We used this picture on our website to illustrate the first games.

“The Paralympics: Blades of Gold.” Sept 8, 2012. Getty Images.

<https://www.economist.com/node/21562201/all-comments>. Accessed February 29, 2020.

This picture shows the women’s 100M paralympic event during the 2012 London Games. We used this picture on our website to illustrate paralympic athletes.

“Tokyo 2020 Emblem.” 2020. International Paralympic Committee.

<https://www.paralympic.org/news/tokyo-2020-visa-named-paralympic-gold-partner>. Accessed February 28, 2020.

This image is of the 2020 Tokyo Paralympics logo. We used it on our website to illustrate the design of the symbol.

“Tokyo 2020 One year to Go.” July 24, 2019. Getty Images.

<https://www.gettyimages.com/detail/news-photo/the-new-national-stadium-the-main-stadium-for-the-tokyo-news-photo/1157471902?adppopup=true>. Accessed February 29, 2020.

This is a picture of the newly built Tokyo Olympic Stadium. We used this picture on our website to illustrate where the opening ceremony for the Paralympics will be held.

“Tony Volpentest 1992 Paralympics.” 1992. Tony Volpentest.

<http://www.tonyvolpentest.com/1992-barcelona-spain.html>. Accessed March 1, 2020.

This is a picture of Tony Volpentest paralympic runner. We used this photo on our website to show the use of a prosthetic limb so he can run.

“Wheelchair Archers.” 1953. Getty Images.

<https://www.gettyimages.com/detail/news-photo/dutch-archery-team-practising-from-their-wheel-chairs-they-news-photo/3401939>. Accessed February 24, 2020.

This is a 1953 picture of the archery team for the Stoke Mandeville Games. We used this picture on our website to illustrate the early competition.

“Wheelchair Basketball.” 1960. International Paralympic Committee.
<https://www.paralympic.org/rome-1960>. Accessed February 21, 2020.

This picture shows a basketball game at the 1960 Paralympics. Wheelchair basketball was one of eight sports at the Ninth Annual International Stoke Mandeville Games, which are now considered the first-ever Paralympics.

“Wheelchair fencing at the 1958 Stoke Mandeville Games.” 1958. International Wheelchair and Amputee Federation.
<https://wheelchairfencing.iwasf.com/about/history/>. Accessed February 22, 2020.

This picture shows two patients fencing at the 1958 Stoke Mandeville games. We used this picture on our website to illustrate the early games.

“Wheelchair polo.” National Spinal Injuries Centre.
http://www.mandevillelegacy.org.uk/page_id__22.aspx?path=0p4p13p. Accessed February 26, 2020.

This picture shows patients playing wheelchair polo using shortened sticks and a disk for a puck. We used this picture on our website to illustrate patients who enjoyed playing games for exercise.

Interviews

El-Masri, Prof Wagih. Doctor. Interview conducted by Mandeville Legacy. March 2011.
http://www.mandevillelegacy.org.uk/documents/Professor_EI_Masri_full_interview1.pdf.

This is an interview with Professor Wagih El-Masri who came to Stoke Mandeville Hospital in 1971 after graduating from Cairo Medical School. He was the last doctor to be trained by Ludwig Guttmann. It was interesting to read his thoughts on Guttmann’s treatment methods. We used a quote for our website to illustrate Guttmann’s interdisciplinary treatment philosophy. .

Guttmann, Ludwig. Doctor. Interview conducted by Margaret A. Brooks. Imperial War Museum. February 18, 1980. <https://www.iwm.org.uk/collections/item/object/80004556>.

This is an audio interview with Ludwig Guttmann describing his life in Germany, work as a neurosurgeon, Nazi occupation, and moving to England.

Loeffler, Eva. Daughter and physiotherapist. Interview conducted by National Paralympic Heritage Trust. April 2011.

<https://www.paralympicheritage.org.uk/Handlers/Download.ashx?IDMF=85190078-bff0-4d38-bac4-66dfd428fb39>.

This interview is with Eva Loeffler, Ludwig Guttmann's daughter and a physiotherapist who worked with Guttmann at Stoke Mandeville in the 1950's. This interview gave us a closer look at Guttmann and we used multiple quotes from it for our website.

Maughan, Margaret. Patient and Paralympic athlete. Interview conducted by Jon Newman. National Paralympic Heritage Trust. August 10, 2012.

<https://www.paralympicheritage.org.uk/Handlers/Download.ashx?IDMF=f74bb2c1-7190-427a-8524-48eae7e3c461>.

This is an interview with Margaret Maughan who was a patient at Stoke Mandeville Hospital in 1959 and Ludwig Guttmann was her doctor. She won Britain's first Paralympic gold medal in archery in 1960. We used a few quotes from her interview on our website to illustrate how Guttmann encouraged her and what her treatment plan was.

Newton, Joan. Nurse. Interview conducted by National Paralympic Heritage Trust. February 13, 2011.

<https://www.paralympicheritage.org.uk/Handlers/Download.ashx?IDMF=eff74ff5-d395-46a2-b29b-8f895aa49990>.

This interview is with Joan Newton, a nurse at Stoke Mandeville Hospital from 1948 - 1952. This interview helped us understand from a nurse's perspective what the hospital was like, their daily duties, and what condition the patients were in. We used quotes from it for our website to illustrate a nurse's point of view..

Romanchuk, Daniel. Paralympic athlete. Interview conducted by Trevor and Joella Stepp. February 17, 2020.

This is an interview with Daniel Romanchuk, an American Paralympian athlete. He has won multiple wheelchair races, including the 2019 Boston Marathon,

2019 London Marathon, 2019 Chicago Marathon, and the 2019 New York City Marathon. He will be representing the USA in the 2020 Tokyo Paralympic Games as a track and field wheelchair racer. He talked to us about the impact the paralympics have had on his and other disabled people's lives.

Silver, Dr. John. Doctor. Interview conducted by National Paralympic Heritage Trust. June 2011.

<https://www.paralympicheritage.org.uk/Handlers/Download.ashx?IDMF=f9ae06f3-c7c7-4ad9-b8b0-0684a7eebbed>.

This is an interview with Dr. John Silver who first worked with Dr. Ludwig Guttmann at Stoke Mandeville Hospital in 1956. He later succeeded Guttmann and became the director of the Spinal Injury Center. We used multiple quotes from it for our website.

Tussler, Dot. Physiotherapist. Interview conducted by Mandeville Legacy. February 2011. http://www.mandevillelegacy.org.uk/documents/Dot_Tussler_full_interview.pdf.

This is an interview with Dot Tussler who is a physiotherapist who worked at Stoke Mandeville Hospital. We used a quote from her interview to show the importance of physical therapy to the patient's treatment plan.

Secondary Sources

Books

Polley, Martin. *"The British Olympics: Britain's Olympic Heritage 1612-2012."* United Kingdom: Historic England in association with Liverpool University Press, 2011.

This book traces the British involvement in the Olympics and has a large section on the Stoke Mandeville Games

Articles

Akkermans, Rebecca. Historical Profile: Ludwig Guttmann. September 7, 2016. [https://www.thelancet.com/pdfs/journals/laneur/PIIS1474-4422\(16\)30228-9.pdf](https://www.thelancet.com/pdfs/journals/laneur/PIIS1474-4422(16)30228-9.pdf). Accessed March 13, 2020.

This article is a biography of Ludwig Guttmann and his accomplishments.

Anderson, Julie. "Turned into Taxpayers': Paraplegia, Rehabilitation and Sport at Stoke Mandeville, 1944-56." *Journal of Contemporary History*, vol. 38, no. 3, 2003, JSTOR. www.jstor.org/stable/3180647. Accessed April 11, 2020.

This article explores the links between rehabilitation practices at Stoke Mandeville Hospital and the aims of successive postwar British governments between 1944 and 1956.

Bedbrook, George. "The Development and Care of Spinal Cord Paralysis." *Paraplegia volume 25 1987*. <https://www.nature.com/articles/sc198731.pdf?origin=ppub>. Accessed March 16, 2020.

This article is about the historical scientific academic of spinal care.

Bengel, Chris. "Ticket Demand for 2020 Tokyo Paralympic Games is at 'unprecedented' level." CBS Sports. <https://www.cbssports.com/olympics/news/ticket-demand-for-2020-tokyo-paralympic-games-is-at-unprecedented-level/>. Accessed February 29, 2020.

This article from CBS Sports explains the high demand for the Paralympic lottery tickets, which is three times the amount of the 2012 London Paralympics.

Donovan, Willam. "Spinal Cord Injury- Past, Present, and Future." 2007. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2031949/>. Accessed February 29, 2020.

This article explains the history of the spinal cord injury, beginning from ancient times till today and in the future. The article provides an overview from their basic research of the injury.

"Dr. Guttmann and the Paralympic Movement." *The History Press*. <https://www.thehistorypress.co.uk/articles/dr-guttmann-and-the-paralympic-movement/>. Accessed February 18, 2020.

This website gives a very in-depth description of Guttman's life and the Paralympics. It starts by talking about Guttman's early years, and then talks about his treatment at the Stoke Mandeville Hospital. It then discusses the Stoke Mandeville Games and how and when they became international. It also describes when the International Stoke Mandeville Games became the Paralympic Games. This article was very helpful because it gave us a great deal of information on both Guttman's life and the Paralympics.

Gold John R., Gold Margret M. "Access for All the Rise of the Paralympic Games." 2007.

<http://pdfs.semanticscholar.org/c067/03ea3eb6c39916f3c9138240246d34f65b83.pdf>. Accessed February 23, 2020.

This article charts the development from the beginning of the Stoke Mandeville Games which soon became the Paralympics and how it has impacted many of the disabled athletes.

Farrar, Renée. "Ludwig Guttman and the Paralympics: from lawn to stadium." *The Lancet*. September 8, 2012.

[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(12\)61491-3/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(12)61491-3/fulltext). Accessed February 18, 2020.

The author of this article describes Guttman's life, from when he lived in Germany to when the Paralympics began following the Stoke Mandeville Games.

Rademeyer C. "Guttman's Ingenuity: The Paralympic Games as Legacy of the Second World War." *Historia*. Vol 60 n.1. May 2015.

http://www.scielo.org.za/scielo.php?script=sci_arttext&pid=S0018-229X201500010000. Accessed March 8, 2020.

This article describes Ludwig Guttman's career in Germany, then Stoke Mandeville Hospital and his revolutionary treatment and sports rehabilitation, which evolved into the Paralympic Games. The author reasons, the large number of war casualties from WWII led to the establishment of the Spinal Injuries Center and eventually the Paralympics.

Ross, J. Cosbie. "Tribute to Sir Ludwig Guttman." June 1980. *Paraplegia*.

<https://www.nature.com/articles/sc198027.pdf?origin=ppub>. Accessed February 29, 2020.

This article is a tribute for Ludwig Guttmann after his death.. It describes his career and accomplishments..

“The History of the Paralympic Movement.” *Inside the Games*.

<https://www.insidethegames.biz/articles/1010776/the-history-of-the-paralympic-movement>. Accessed February 18, 2020.

This article gives an overview of the history of the Paralympics. It talks about Guttmann’s life and his work at Stoke Mandeville. It describes how the Stoke Mandeville Games began and how they eventually became the Paralympic Games.

“The World War II Origins of the Paralympic Games.” *Time*. September 6, 2016.

<https://time.com/4480655/paralympics-history/>. Accessed February 18, 2020.

This article talks about when the Paralympic Games began and how Guttmann’s work started them.

Thornburgh, Blair. “The Jewish Doctor Who Founded the Paralympics.” *Forward*. August 6, 2012.

<https://forward.com/news/160472/jewish-doctor-who-founded-paralympics/?p=all>. Accessed January 30, 2020.

This is an article that contains helpful information on Ludwig Guttmann’s work as a neurosurgeon and his work at the Stoke Mandeville Hospital.

Weiner, M.F. Silver, J.R. “The Origins of the Treatment of Traumatic Spinal Injuries.”

European Neurology. 2014. <https://www.karger.com/Article/FullText/365287>. Accessed March 13, 2020.

This article explained the historical background, methods of treatment, and long-term medical care of spinal cord treatment in Germany, France, and England.

White, Edward. “Ludwig Guttmann and the Paralympic Games.” *Wounds UK*. Vol 11, Nov 3, 2015.

<https://www.wounds-uk.com/journals/issue/44/article-details/ludwig-guttmann-and-the-paralympic-games>. Accessed February 18, 2020.

This article helped us learn about Ludwig's Guttman's treatment methods and how he revolutionised treatment of paraplegics at the National Spinal Injuries Centre.

Websites

"Birthplace of the Paralympic movement." *WheelPower*.

<https://www.wheelpower.org.uk/birthplace-paralympic-movement>. Accessed February 20, 2020.

This page talks about how the Paralympics began, dating back to when Guttman first began his work at the Stoke Mandeville Hospital. It also mentions how the Paralympics have grown over the years.

"History." *International Wheelchair & Amputee Sports Federation*.

<http://www.iwasf.com/iwasf/index.cfm/about-iwas111/history/ismwsf-history/>. Accessed January 27, 2020.

This talks about the history of the International Wheelchair & Amputee Sports Federation. It also mentions Ludwig Guttman and his impact on the games.

"History of the Paralympic Movement." *International Paralympic Committee*.

<https://www.paralympic.org/ipc/history>. Accessed February 18, 2020.

This page explains the history of the Paralympics. It talks about the growth of the Paralympics and it contains different videos on the history, Stoke Mandeville, and the Paralympics.

"Ludwig Guttman." *Jewish Virtual Library*.

<https://www.jewishvirtuallibrary.org/ludwig-guttman>. Accessed December 5, 2019.

This website gives a short description of Ludwig Guttman's life and his work.

"Ludwig Guttman." *Brought to Life*. Science Museum.

<http://broughttolife.sciencemuseum.org.uk/broughttolife/people/ludwigguttman>. Accessed January 30, 2020.

This website talks about Guttman's treatment methods for his patients that were affected by paralysis. His routine included many bouts of exercise and competitions.

"Mandeville Legacy." *Buckinghamshire County Council*.
<http://www.mandevillelegacy.org.uk/index.aspx>. Accessed January 27, 2020.

This website is devoted to telling the story of the Paralympics and Stoke Mandeville. It also talks of Ludwig Guttman's major contributions to what would eventually become the Paralympics. It has many great pictures that we used as well as transcripts of interviews from doctors, therapists, and nurses. It gave us background information on Guttman as well as an in-depth description of Guttman's treatments.

"Professor Sir Ludwig Guttman." *National Paralympic Heritage Trust*.
<https://www.paralympicheritage.org.uk/professor-sir-ludwig-guttman>. Accessed February 18, 2020.

This page gave a large background on Guttman and his works. It was very helpful because it contained many insightful quotes on Guttman that we were able to use on our website.

"Rome 1960 Paralympic Games." *International Paralympic Committee*.
<https://www.paralympic.org/rome-1960>. Accessed February 21, 2020.

This website page has information on the 1960 Stoke Mandeville Games, which are now considered the first official Paralympic Games. It also contains a few pictures of the games that we used on our website. We also used a quote from Guttman on our website: "The vast majority of competitors and escorts have fully understood the meaning of the Rome Games as a new pattern of reintegration of the paralysed into society, as well as the world of sport." We decided to use this quote because it powerfully conveys a message to the reader: para-athletes, and regular disabled people, can become fully-functioning members of society while enjoying many of the same sports and games non-disabled people enjoy.

"Stoke Mandeville 70: Celebrating Sir Ludwig Guttman." *International Paralympic Committee*.

<https://www.paralympic.org/news/stoke-mandeville-70-celebrating-sir-ludwig-guttman>. Accessed February 27, 2020.

This page celebrates the 70th anniversary of the Stoke Mandeville Games. It talks about his life and how he began the Stoke Mandeville Games. Lastly, it talks of his impact and legacy.

“The 1964 Tokyo Paralympic Games Part 6: Dr. Ludwig Guttman, Father of the Paralympic Movement.” *The Olympians*.
<https://theolympians.co/2017/11/15/the-1964-tokyo-paralympic-games-part-6-dr-ludwig-guttman-father-of-the-paralympic-movement/>. Accessed February 26, 2020.

This website page is about Ludwig Guttman’s life and how Guttman began the Paralympics.

“The National Spinal Injuries Centre at Stoke Mandeville Hospital: The Legacy of Poppa Guttman.” *Buckinghamshire Healthcare*.
<https://www.buckshealthcare.nhs.uk/About/the-legacy-of-poppa-guttman.htm>. Accessed February 18, 2020.

This page talks about Ludwig’s Guttman’s different treatment for the disabled and how his treatment became the Stoke Mandeville Games, which then in turn became the Paralympic Games.

“When Rainer Met Sir Ludwig Guttman.” *Küschall*.
<https://kuschall.com/international-en/news/when-rainer-met-sir-ludwig-guttman>. Accessed February 18, 2020.

This page talks about Rainer, the man who founded this website, who was taken to Ludwig Guttman’s care two years after an accident that had him always bedridden. Guttman told Rainer that he was paralyzed and would not be able to move his arms or his body. So Guttman got Rainer a wheelchair, even though Rainer could not push it himself. Twenty years later, Rainer broke the marathon record in a specially designed wheelchair.

Interviews

Polley, Martin. Interview conducted by Emma Barnett. *Historic England: A History of England in 100 Places*. January 16, 2018.
<https://podcasts.apple.com/us/podcast/the-birthplace-of-the-paralympics-and-post-war-t heatre/id1286786238?i=1000399952722>. Accessed February 19, 2020.

This interview is with Professor Martin Polley, Director of the International Center for Sports History and Culture at De Montfort University (UK). He describes the pioneering work of Ludwig Guttman at Stoke Mandeville Hospital which is known as the birthplace of the Paralympics. Also, he talked about how much the Paralympics has evolved into the great event it is today.

Videos

Mandeville Legacy - Paralympics Documentary. CliffProductions.
https://www.youtube.com/watch?v=k-rB6QdAa_Y_. Accessed March 13, 2020.

This short video explains how Ludwig Guttman became the director of the spine center at Stoke Mandeville Hospital, his treatment methods, starting the Stoke Mandeville games and his philosophy of social reintegration for the paralyzed back into society. We used a clip from this video on our Stoke Mandeville website page.

Story of Paralympics Founder Sir Ludwig Guttman. *BBC News*.
<https://www.bbc.com/news/av/uk-england-oxfordshire-19368602/story-of-paralympics-fo under-sir-ludwig-guttman>. Accessed February 13, 2020.

This video talks about Ludwig Guttman's life and work. It contains many different interviews with people. His son and his daughter talk for a small bit about their move to England.

The Best of Men. Directed by Tim Whitby. Bristol: BBC, 2012.

This movie is based on the revolutionary work of Dr. Ludwig Guttman with paraplegic patients at Stoke Mandeville Hospital and the eventual opening of the Paralympic Games in 1960.

