

# Process Paper

After hearing what the topic would be this year, we immediately thought of focusing on the Paralympics because they would be taking place this summer in Tokyo and we know Daniel Romanchuk, a Paralympian who has won multiple races and is competing in the Paralympics. During our early research, we discovered a 1940's newspaper from *The British Newspaper Archive* that discussed Ludwig Guttmann and his work with the paralyzed. We did more research on Guttmann and found that he was the "Father of the Paralympics" and was the head of the National Spinal Injury Centre at the Stoke Mandeville Hospital. We were very interested in the topic and decided to focus on how Guttmann's work at the hospital and his work in the Paralympics broke barriers for the paralyzed.

We researched Guttmann's early life in Germany during the rising tensions before World War II. He was able to escape Germany and flee to England, eventually being offered the top position at the Stoke Mandeville Hospital. We used *The British Newspaper Archive* to research the treatment methods for paraplegics during Guttmann's time and how Guttmann's treatments at the hospital differed from those methods. We found the website *Mandeville Legacy*, which is completely devoted to information about Ludwig Guttmann, Stoke Mandeville, and the Paralympics. It provided us with multiple primary sources, including quotes from Guttmann, links to photo archives, and transcripts of interviews with various doctors and patients who worked with Guttmann. We were also able to interview Daniel Romanchuk, and he told us how the Paralympics changed his life. To further our research, we ordered multiple books from our library. However, due to the COVID-19 pandemic, we were unable to access some of the books we ordered.

We decided to make a website because we would be able to use our creativity and add our own personal touches while making the pages. A month before we began the website, we played around with the website builder and tested out the features since we had never made a website before. We drew a layout of each page on paper and found quotes and pictures to place on each page. After we had a setup, we began arranging the pictures, quotes, and our own words and descriptions on the pages. We then decided on a color scheme for the website to make it aesthetically pleasing.

Before Ludwig Guttmann, those with spinal cord injuries were left to die - they had no place in society. However, Guttmann wanted to give them a new chance at life. He introduced treatment methods never seen before, including sports and exercises. His work at the Stoke Mandeville Hospital broke the long-standing barriers that claimed the disabled had no place in society and that they were untreatable. Guttmann's work also led to the Paralympics and showed that the disabled could compete in sports like non-disabled people. Guttmann's work at the Stoke Mandeville Hospital shattered the barriers that prevented the disabled from living full, fruitful lives.