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LIS-592 Independent Study

Annotated Bibliography:

History of Wheelchair Sports at the University of Illinois

Figoni, S. F., Morse, M., & Hedrick, B. (1993, January). Training tips: Overtraining in wheelchair sports. *Sports ‘N Spokes, 19(1),* 43-48.

In this training article, Figoni, Morse, and Hedrick discuss warning signs and symptoms related to overuse. Major topics covered include the effects of stress, as well as various types of overtraining (metabolic, musculoskeletal) and prevention of overtraining through balancing strength and flexibility. Though this article was written over 20 years ago, many of the foundations laid by the authors still apply to wheelchair sports today. As basic wheelchair design has changed little from the early 90s, users are still plagued by the same types of overuse injuries in sport.

Hedrick, B., & Morse, M. (1993, November). Training tips: Transition; the key to basketball success. *Sports ‘N Spokes, 19(6),* 74-79.

Hedrick and Morse discuss the importance of transitioning from offense to defense in wheelchair basketball in this Training Tips article. Specific keys are covered for both offense and defense, as well as the critical level of fitness required to play a transition game. Offensive transition keys include communication, maximizing passing over dribbling, and spacing. Among the defensive keys highlighted are once again communication, recovering as a team, and equalizing match ups. Morse and Hedrick wrote this article with an awareness that the speed of the game was increasing, and would continue to increase in the future. Their foresight into the growth and development of the sport makes this article just as relevant now as it was in 1993.

Little, J. (1996). *If it weren’t for the honor I’d rather have walked: Previously untold tales of the journey to the ADA.* Cambridge, MA: Brookline Books

Author Jan Little holds the unique distinction of being one of the first women admitted to the University of Illinois program for students with permanent disabilities. Starting from her childhood in Wisconsin, Little is able to use her skills as a journalist, and later, her experiences that the University, to illustrate an aspect of history that few are aware of. While focusing on her time at Illinois, Little describes the innovations of Dr. Tim Nugent, the antics of her classmates, and the daily struggles faced by a female wheelchair user in the 1950s. The autobiography is far-reaching and covers topics from the very beginning of Dr. Nugent’s “experiment” with veterans with disabilities at the university, all the way up to the passing of the Americans with Disabilities Act in 1991. Little’s singular perspective in this this autobiographical work gives insight to those who would otherwise be unaware of the history of wheelchair sports at the University of Illinois and its legacy.

Millikan, T., Morse, M., Hedrick, B. (1991, July). Training tips: prevention of shoulder injuries. *Sports ‘N Spokes, 17(4)*, 35-38.

An ongoing issue for wheelchair users is the threat of shoulder injuries from daily use. In the article, Millikan, Morse, and Hedrick cover common shoulder injuries and their causes. The authors then breakdown a variety of preventative exercised that can be done by any wheelchair user, not just the athletes the magazine usually caters to. The stretching and strengthening exercises are explained step-by-step, and illustrated with photos of University of Illinois student-athletes.

Millikan, T., Morse, M., Hart, A., & Hedrick, B. (1993, March). Training tips: Injury treatment in wheelchair athletics. *Sports ‘N Spokes, 19(2),* 85-88.

In the March 1993 incarnation of the Training Tips series, Millikan, Morse, Hart, and Hedrick highlight the increasing level of competition in wheelchair sports as well as the growing intensity. To help prepare athletes for the demands on their bodies and the possibility of sustaining a sports related injury, the authors break down injury treatment into four major stages: acute-management, sub-acute, preparation for return, and prevention. The prevention section covers topics discussed in other Training Tips columns, but all of the material remains relevant as Millikan et al. had the foresight to plan for the increasing threat of injury that comes along with growth in competitive wheelchair sports.

Morse, M. & Hedrick, B. (1992, July). Training tips: Rules for the road. *Sports ‘N Spokes, 18(4),* 62.

Morse and Hedrick establish some of the first guidelines for wheelchair road racing in this column. As a growing sport in the early 90s with more athletes looking to the road as a site for their training, the authors used this platform to cover equipment concerns and basic road safety for new athletes sharing the roads with motor vehicles. Important points addressed include visibility, hydration, and obeying traffic laws. Published in 1992, these tips for safety still apply to athletes training on the road today.

Morse, M., & Hedrick, B. (1993, July). Training tips: Preparation: a key to successful racing. *Sports ‘N Spokes, 19(4),* 77-79.

In this article, Morse and Hedrick cover keys to successful racing through preparation. Included is advice for planning and packing for travel days, how to budget time the day before the race, and an equipment checklist of items an athlete should always bring along. While there have been some changes to the design of racing chairs over the past 20+ years, their basic operation remains the same, and still requires the equipment and tools recommended by the authors here.

Nugent, T. J. (1964). Let’s look beyond – to put meaning to recreation in treatment centers. *Recreation in Treatment Centers, 3,* 33-42.

In this article, author Timothy Nugent outlines the philosophy behind his revolutionary plan to offer a college education to veterans with disabilities, as well as the theory behind his idea of recreation as rehabilitation. He encourages readers to look beyond institutional treatment centers and find opportunities for independent rehabilitation in daily life. He also calls for professionals to change their perspectives on disabilities and what they mean, arguing that a narrow view can limit the progress of an individual with a disability. The article concludes with an emphasis on accessibility in public spaces, and he highlights his points with individual case studies of students with disabilities who have found success through his programs.

Nugent, T. J. (1971). Recreation as a therapeutic tool in rehabilitation. *Therapeutic Recreation and Adapted Physical Education Within Rehabilitation.* February.

While published in a journal, this article is actually a transcript for a presentation given by Timothy Nugent at a Conference, discussing his experiences at the University of Illinois with students with permanent disabilities. He encourages open-mindedness when planning recreational activities for individuals with disabilities and takes time to discuss particular words and phrases that have different meanings when attached to an individual with a disability. The piece concludes with an emphasis on encouraging independence and some advice to value individuals as people first, still very pertinent advice today.

Nugent, T. J. (1977). Recreation as a force in rehabilitation. In J. G. Cull & R. E. Hardy, (Eds.) *Physical medicine and rehabilitation approaches in spinal cord injury* (279–290). Springfield, IL: Charles C. Thomas.

Twenty-five years into his career at the University of Illinois working with students with permanent disabilities, Nugent reflects back on the importance of recreation and ease of integration between individuals with disabilities and those without. Nugent argues that through recreational activities, non-disabled individuals are able to look beyond the physical appearances of their peers with disabilities, and learn to interact with them without focusing on their differences. Care is taken to note organizations focused on recreational opportunities for individuals with disabilities, as well as recent legislation regarding accessibility. Overall, the paper works to prove that given the same opportunities and anyone else, those with disabilities will be able to find equal success.

Nugent, T. J. (1978, August). More than ramps and braille. *American Education*.

In this 1978 piece for *American Education*, Timothy Nugent covers a basic history of the disability-related resources at the University of Illinois, and goes further in-depth covering the growth of the program and specific services available to students with disabilities. Included in the services mentioned are information about early registration, an extended adjustment period for individuals unaccustomed to living independently, accessible transportation around campus, and wheelchair sports teams. Nugent is careful to mention that being physically disabled, none of his students are given special treatment regarding academics or job placement. It is his opinion that a college education puts permanently disabled graduates on an equal level with their non-disabled peers, and their experiences at the University of Illinois should prepare them for life after.

University of Illinois , College of Applied Life Sciences, Division of Rehabilitation-Education Services, Office of Campus Life. (2004) *Illini continue to break barriers: University plans to honor wheelchair athletes from 1948 through 1976* [Press release].

This 2004 Press Release serves to highlight the early wheelchair athletes of the University of Illinois wheelchair sports program. Prior to 1977, athletes competing in adaptive athletics were not eligible to receive varsity letters from the university. The event, entitled Breaking Barriers, looked to acknowledge the groundbreaking accomplishments of the first athletes, competing under the leadership of Timothy Nugent. The release contains an abbreviated history of the program, photos and quotations from some of the many honorees, as well as a full list of individuals to be honored.