



Jon Thaxton

Rachael Hutchinson

Able2B

Welcome!



We want people to participate but please use the 'raise hand' facility to ask questions and contribute when others are talking.

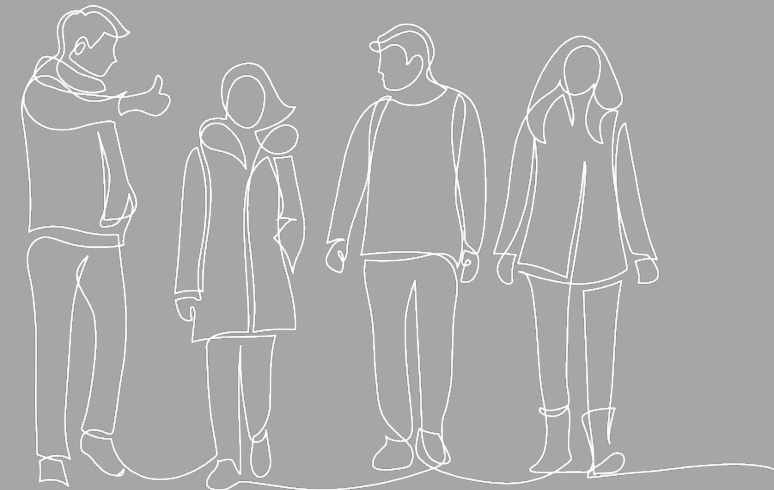
Please be considerate to others - together we want to create a safe, open and reflective space to learn.

You can turn on live captions on by clicking on the 3 dots at the top of your screen if you need this.

The link to the feedback form will be put in the chat.

Please do take the time to complete it after the session.

Thank you!



- Who are we?
- What is Able2B?
- Why it works
- Our results
- Your questions



Discover Your Ability

Who are we?

- **Consultant Orthopaedic Surgeon**
- **MD in gait analysis and functional assessment**
- Gait lab Sheffield Children's Hospital
- **Fellowships in America and Melbourne**
- **>14 yrs experience working with children & adults with neurodisability (including transition age group)**
- **Medical Classifier British Para-swimming**
- **Lead Medical Classifier British Para Table Tennis**
- **Medical Advisor Just4children Charity**





Who are We?

- Former British and European Boxing Champion
- Professional Boxing Coach
- Personal Trainer
- Motivational speaker
- Anti-bullying Campaigner
- Behavioural/Mindset Management



Discover Your Ability





Concept

- Combining Expert Medical Knowledge
 - Science sports medicine techniques
- Highly Experienced Functional Training Knowledge
 - Physical fitness
 - Endurance
 - Strength
 - Mindset
 - Nutrition

Our Journey



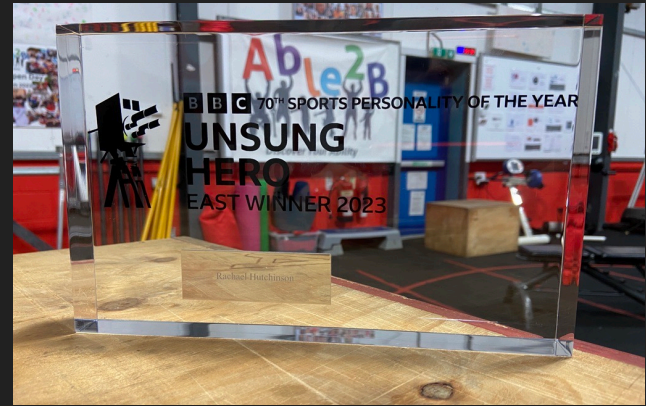
In 4 years





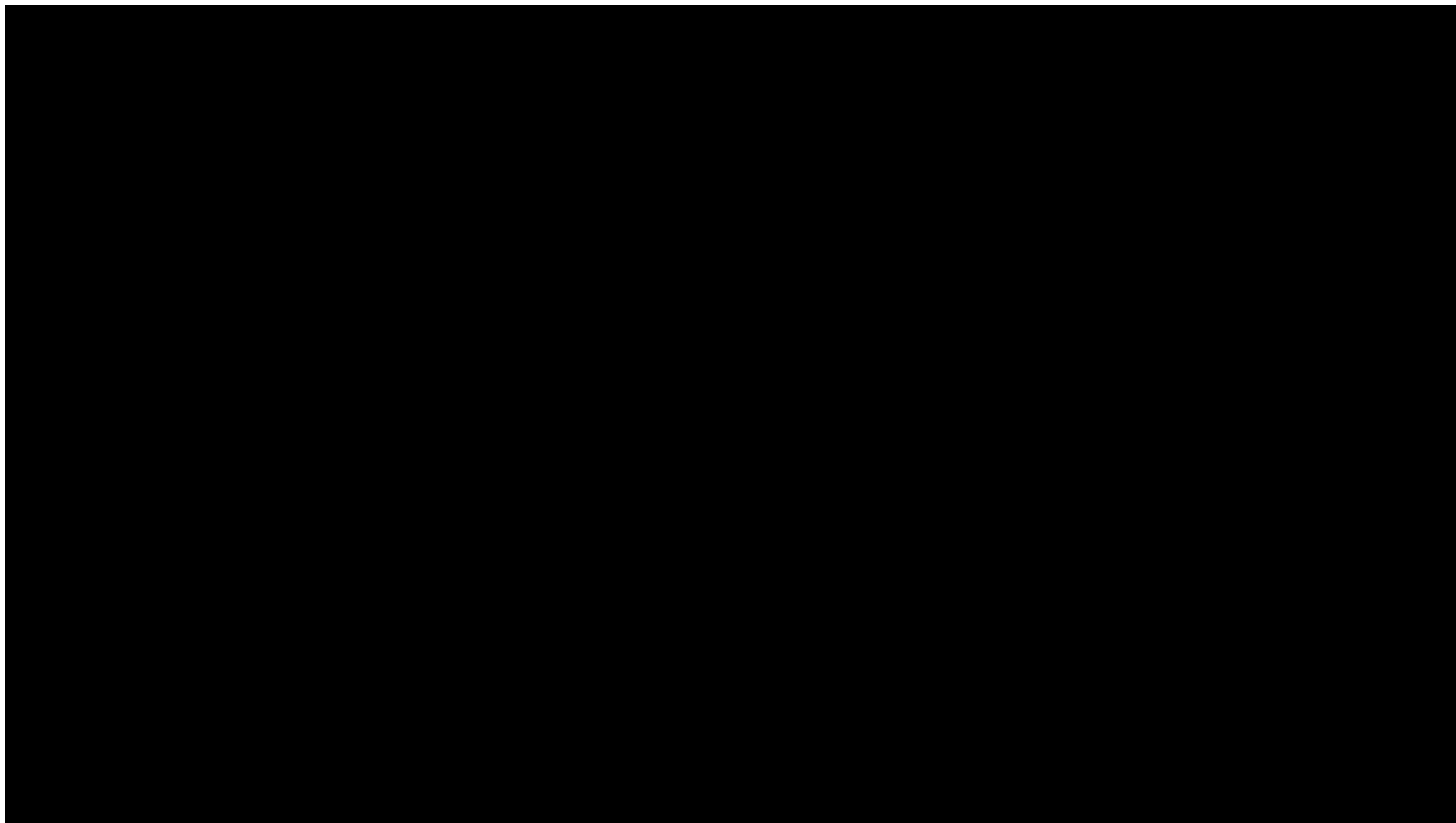
- Own adapted gym
 - Individual and class sessions
 - Over 200 clients a week
- Virtual support
 - Classes and individual
- Collaborate
 - County Council
 - DWP
 - Charity organisations
 - Schools and colleges
- Disability Advisor Service

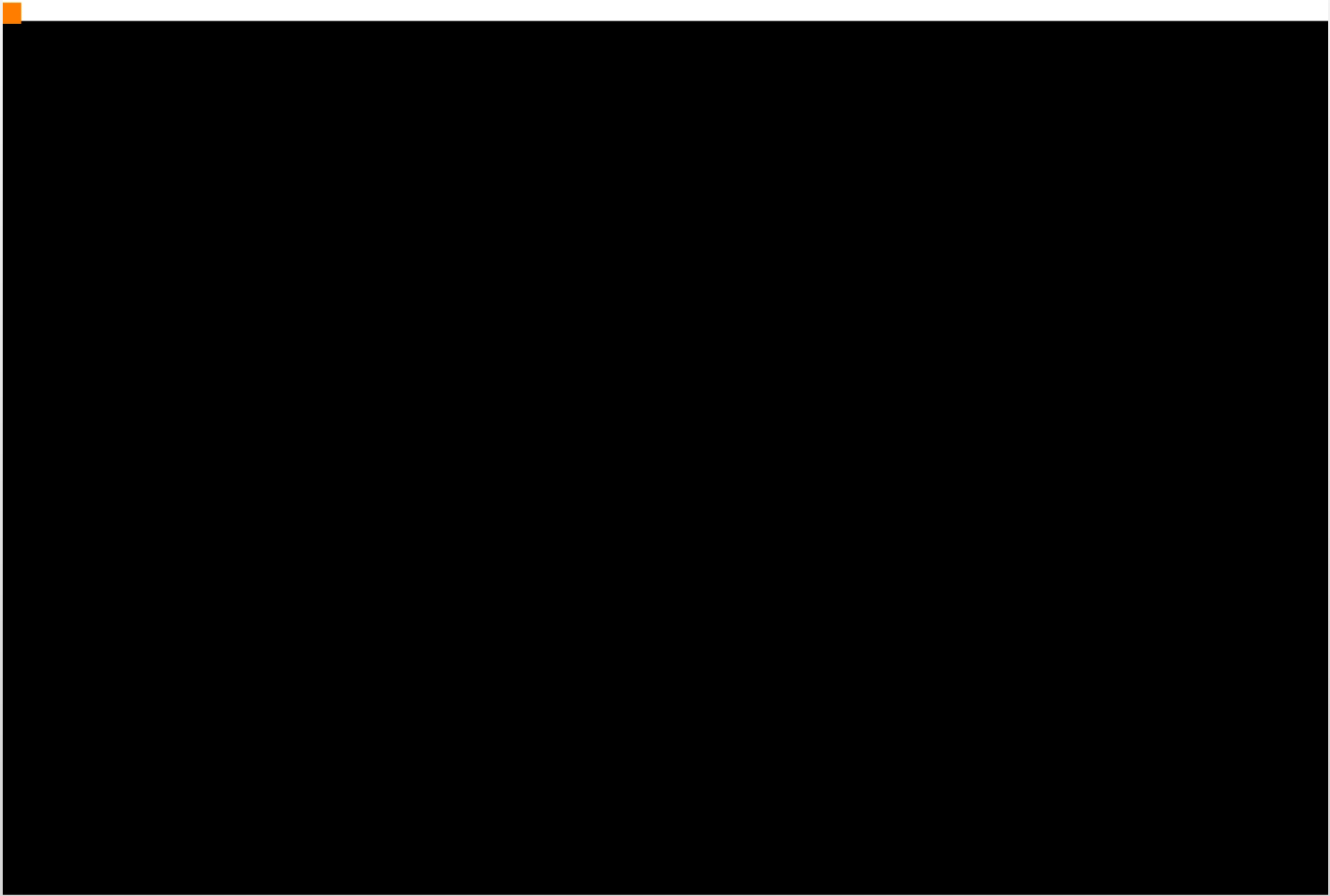






Youtube #Able2B_







Why Does It Work??



Repetition is the Key to Learning

- Little and often
 - Keep quality/focus
 - Repeated Pattern Learning
 - Improve strength and fitness (2-3xper week)



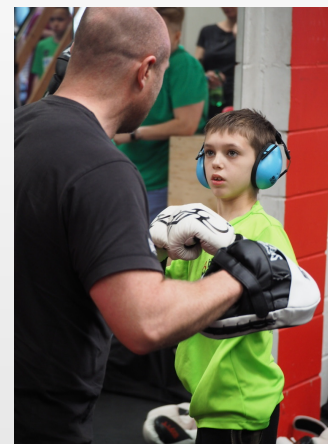
Maintaining Ability-normal patterns

- Part of day to day life
 - Sustainable
 - Promotes normal family interaction
 - Grows with the individual



Inclusion for All

- Fun and sociable
 - Reason to go
 - Works for all
 - Sense of Achievement
 - Positive change of perception/society



Inclusion



New Concepts

SPECIALIST

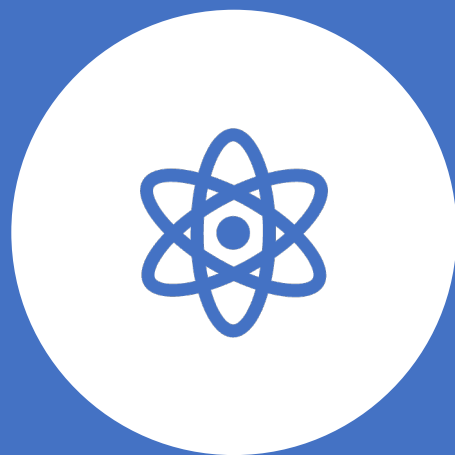
- Infrequent
 - Patterns undone
 - No cumulative effect
- Medicalised
- Lack of relationship
- Lacks variation
- Exclusion of family



SPORT

- Frequent
- Community/lifestyle driven
- Included family
- Builds long term relationships
- Grows with the child
- Has purpose
 - changes society
 - individual goals
 - provides opportunities





But.....there is some
science!!!

Strength and Control



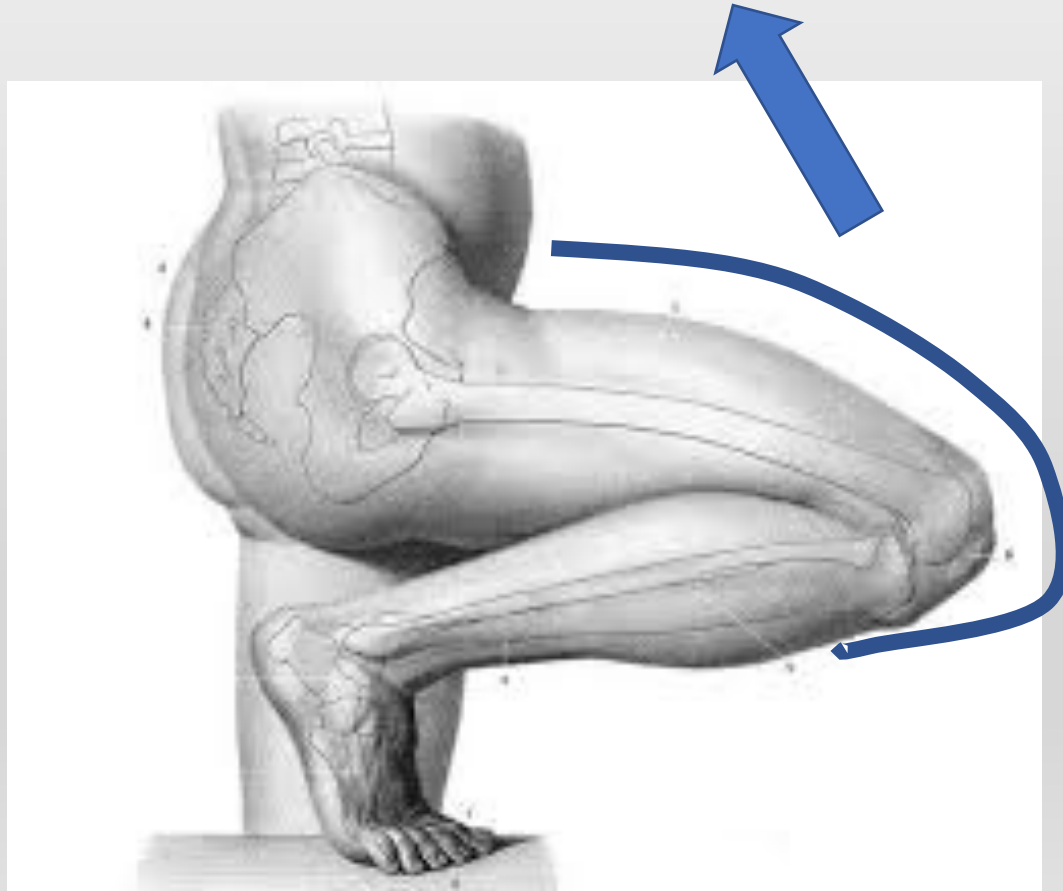
Strength and
Control

Range
of
Movement



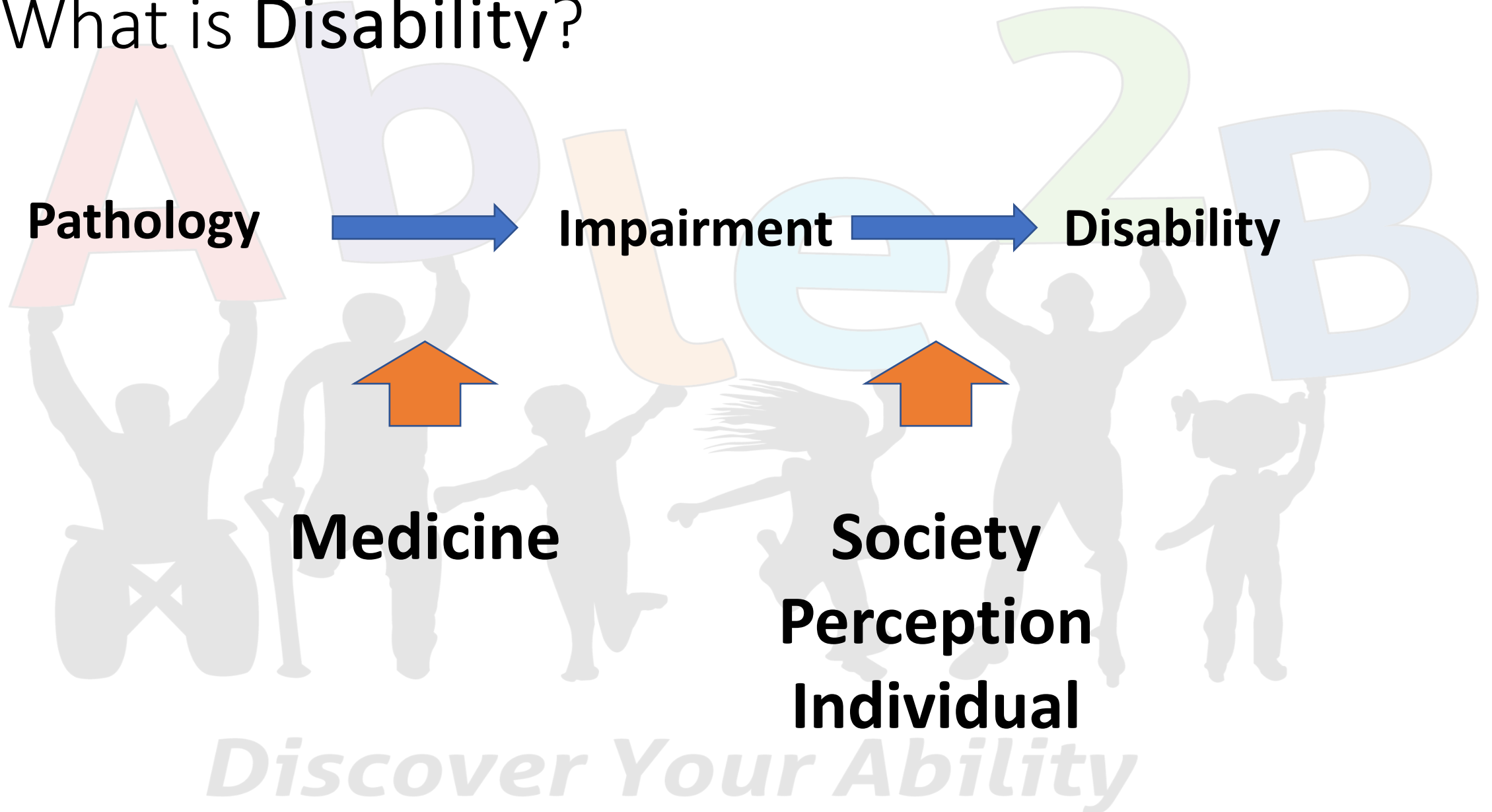


Better Muscle Length



Muscle fibres are
at their common
resting point
before they fire.

What is Disability?



Impairment



Disability

How can the
individual/society
Optimise
Function?

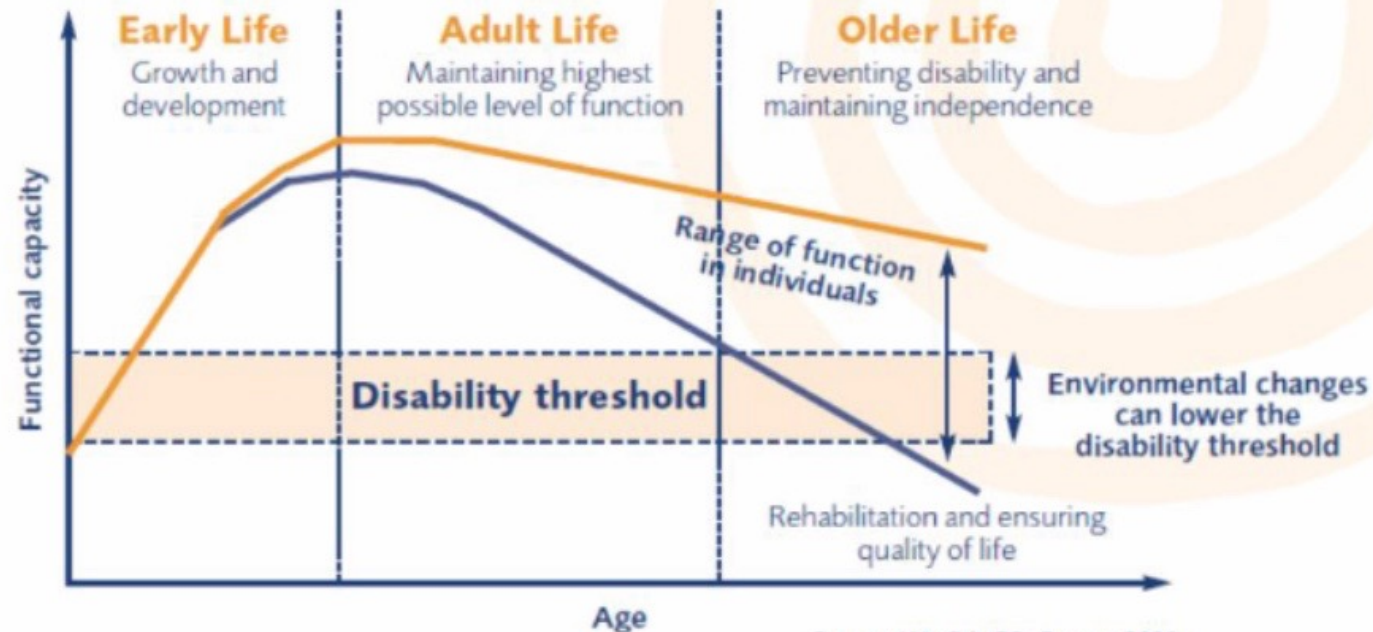
What can we learn
from Sport's
Medicine?

What elements enable optimisation of function?

- Physical ability
- Fitness/endurance/cumulative effects
- Psychology
 - Self-esteem/self belief
 - Beliefs of family and society
- Goal setting
- Nutrition
 - Timing/content
- Adaptations
 - Diagnosis – impairment - disability

Functional capacity across the life course

A life course perspective for maintenance of the highest possible level of functional capacity

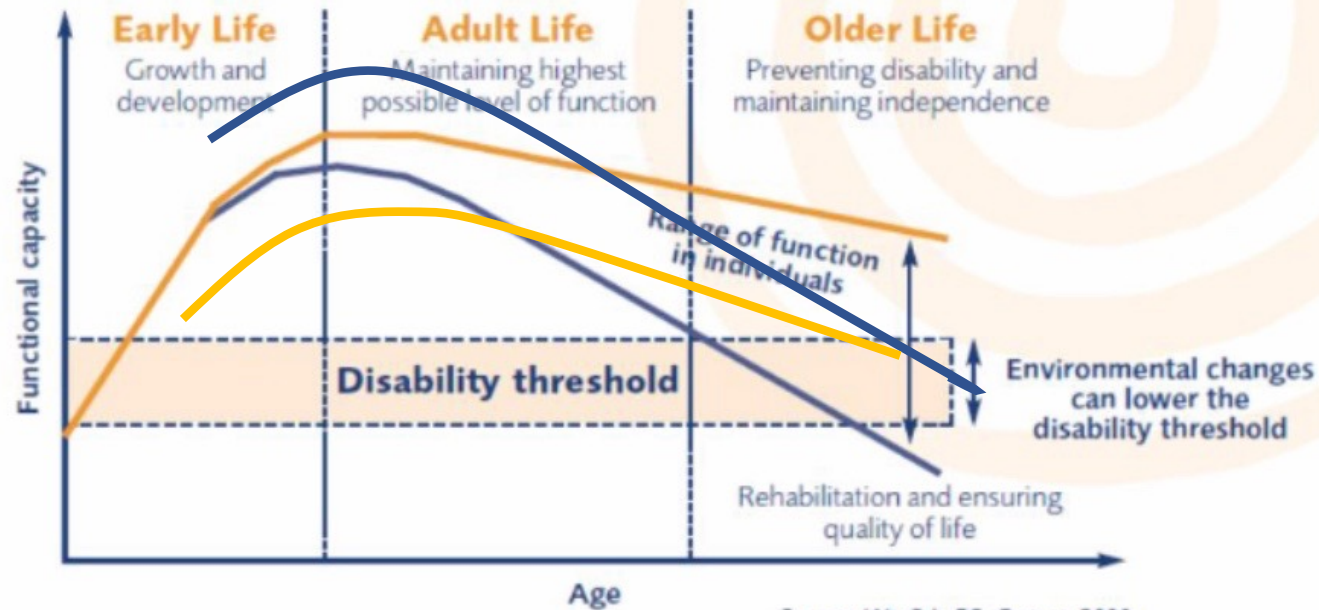


Source: WHO/HPS, Geneva 2000

In adult life someone with a neurodisability is working at twice the capacity of an able-bodied peer to achieve daily function.

Functional capacity across the life course

A life course perspective for maintenance of the highest possible level of functional capacity



Source: WHO/HPS, Geneva 2000

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Psychology

This is what's wrong and this is what WE will do to make it better

I didn't know they could do that!

They are defined by their disease


When you win you succeed - when you fail you learn.



"I just love being here and seeing someone's mindset change to a positive one, this whole building is such a positive place to be!"

RACHAEL HUTCHINSON

Consultant Orthopaedic Surgeon, Able2B Co-founder



"But when people say *I can't do this*, I don't want to hear that, I want to show them, what we can do for them."

JON THAXTON

Retired Boxer, Able2B Co-founder

Our Results



















Two twins

Please let us know what you think



<https://forms.office.com/e/PqVNki3HUA>

