

Inclusive & Collaborative Approaches to Postural Management in Mexico: Insights from Instituto Nuevo Amanecer and Therapies Unite

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In early 2025, I spent five weeks in Mexico focusing on postural management for children with cerebral palsy, supported by MEDICT, a UK charity with a long-standing relationship with Instituto Nuevo Amanecer (INA) in Monterrey. INA is a nonprofit organisation offering a holistic, inclusive model of care, with a strong emphasis on family involvement, functional ability, and education. Historically enriched by international input - particularly from UK practitioners - INA is now keen to rebuild and strengthen these connections.

Working alongside therapists and rehabilitation engineers, I helped assess INA's existing postural management processes and identify practical improvements in equipment design, clinical practice, and resource use. Together, we updated procedures and adapted equipment to improve adjustability and effectiveness, aiming for better outcomes for children and families, even within tight resource constraints. This collaborative process also created opportunities for continued knowledge exchange and skills development beyond the duration of the visit.

I also spent time in Puerto Vallarta working with Therapies Unite, a smaller charity dedicated to improving rehabilitation services for children in underserved areas. They are currently partnering with INA on a pilot project supporting four children with complex postural needs. My role included joint assessments and redesigning equipment to accommodate growth, changing postural needs, and the limitations of the local infrastructure and workshop facilities.

This presentation will explore the value of inclusive, family-centred postural care in resource-limited settings and reflect on the importance of collaborative working. It will highlight the roles of organisations like MEDICT and Therapies Unite in enabling sustainable impact and knowledge exchange and consider how UK clinicians and engineers can contribute meaningfully through mutual learning and support.

By sharing these experiences, the session invites discussion on strengthening international partnerships and learning from innovation, born out of necessity.

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