

BRADY DOUCETTE

OCCUPATION: Accounting Administrator



Brady is truly an inspiration. When a car accident left him severely burned and missing parts of three limbs, he could easily have given up, but he has used it as an opportunity to see just how far he can push himself.

How did you become an amputee?

Car accident..

If there were an amputee superhero, his or her name would be:

Well-Done Wonder!

The three best things about being an amputee:

- 1) Feeling that anything is possible
- 2) Helping others
- 3) Wearing shorts all year long

The three worst things about being an amputee:

- 1) Not being able to get out of bed in the morning and go straight to the bathroom
- 2) Having to put everything on (liners, socks, sleeves, prosthesis)
- 3) Walking on ice

The worst advice you've received as an amputee:

"Don't push yourself."

What are some of your favorite "amputee hacks" -- little tricks or things you do as an amputee to help yourself?

1. Using Stubbies
2. Get up, and if you can't, try going into a downward dog position
3. Get a stand for liners to let them dry out faster overnight

The best advice you'd give someone facing amputation:

Listen to your body and instincts. And fitness is your friend — make sure you are taking care of your body because it will make moving a lot easier.