

JULIA RICHARDSON

OCCUPATION: Advertising



Julia was in the wrong place at the wrong time when, at 18, a car lost control, jumped the curb and pinned her to a tree. After coming to APC, she discovered she had previously been in a poorly designed socket that limited her walking ability, which has now been corrected so she can walk much more naturally. Here, she shares her thoughts.

Favorite amputee hacks:

Antiperspirant on your residual limb can really help with sweating!

The worst advice you've received as an amputee:

To cover my prosthesis! Who wouldn't want to show off a cool robot leg?!

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

LEGendary.

Do you have a memorable experience from your past that motivated you to become a peer?

I think my lack of amputee connections with people my age made me want to help others. Going through PT etc. I've found there were a lot of older people impacted by amputations, but until recently no one under the age of 50.

"I like to mess with able-bodied people by_____."

When they apologize for bumping into my leg or stepping on my foot, saying I can't feel it and just shrugging, they usually always laugh!

What's the most important thing a new amputee needs to know?

Do your best to stay active, don't shave your residual limb, and always check for skin breakdown!

The best advice you'd give someone facing amputation:

Even though you will have hard days, that limb is not growing back, so make the most of it!