



# CINDY OUELLET

## ATHLÈTE PARALYMPIQUE

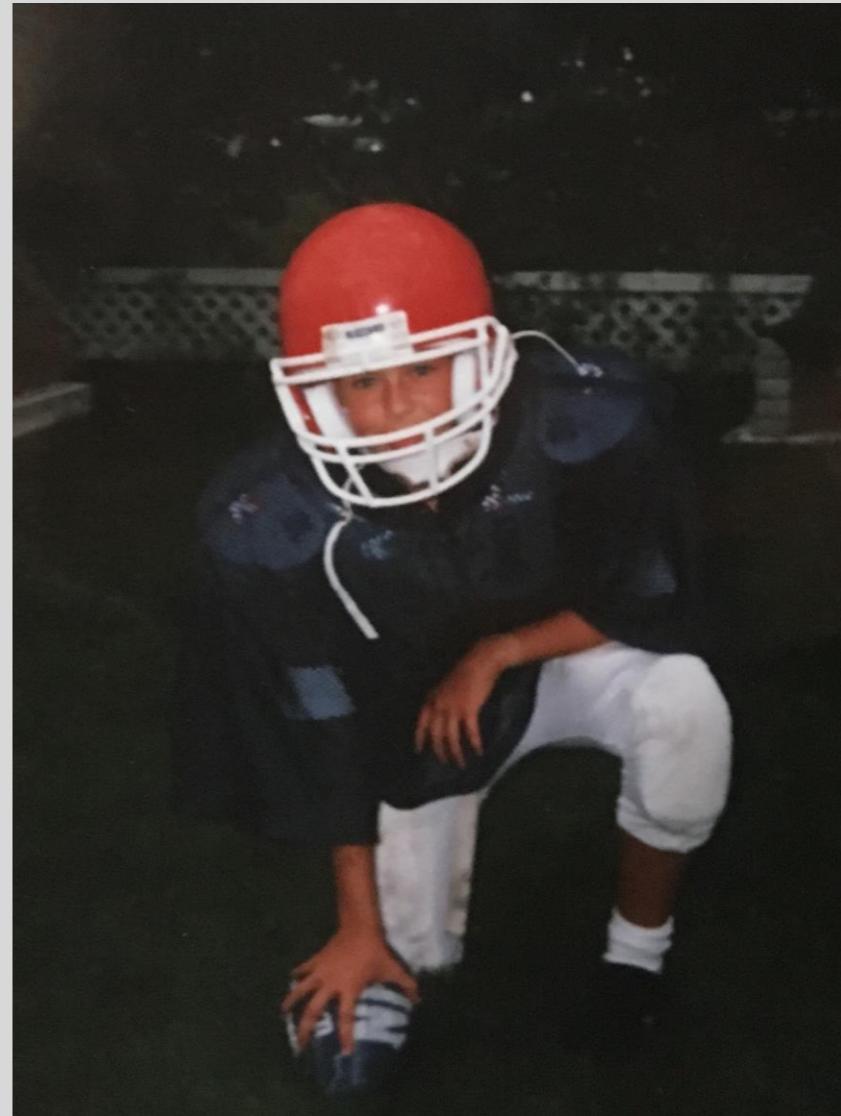
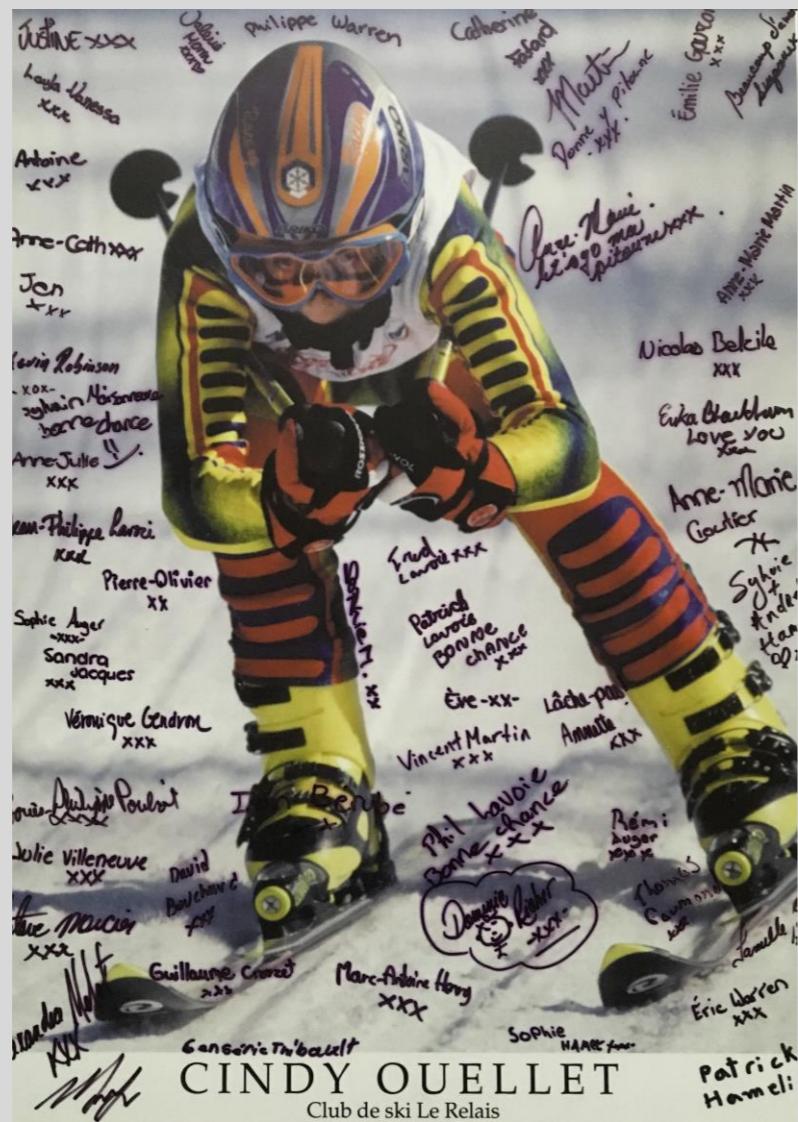
# PERSÉVÉRANCE

- ▶ Le pourquoi?



# PERSÉVÉRANCE

► Avant



July 31, 2001

Tuesday

all-day

10:30 AM  
**Sarcome D'Ewing**  
Hôtel-Dieu de Québec 11 Côte du Palais, Quebec City QC G1R 2J6, Canada

Noon

1 PM

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
5	6	7	8	9	10	11

**Sarcome D'Ewing**

Hôtel-Dieu de Québec  
11 Côte du Palais, Quebec City QC G1R 2J6, Canada

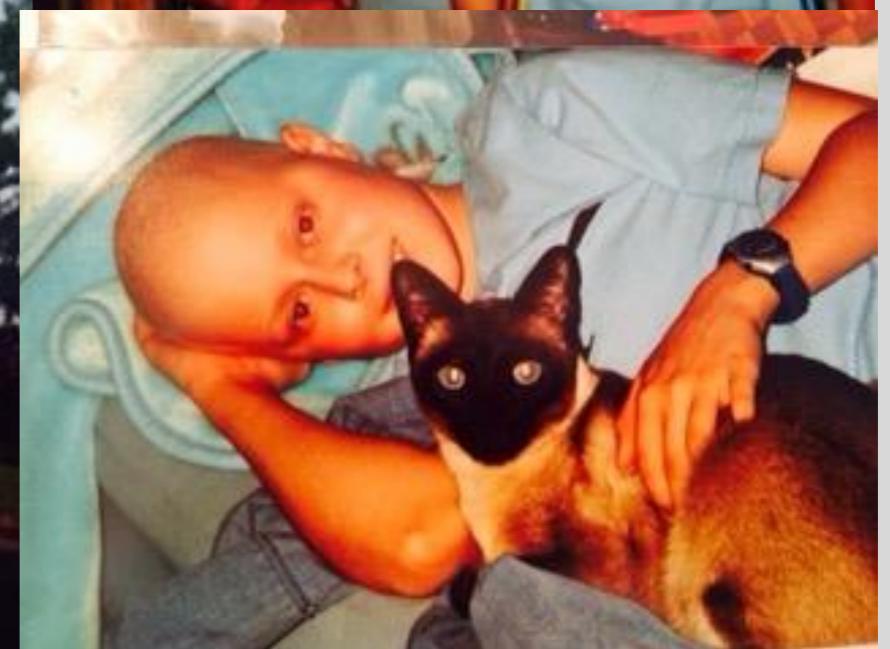
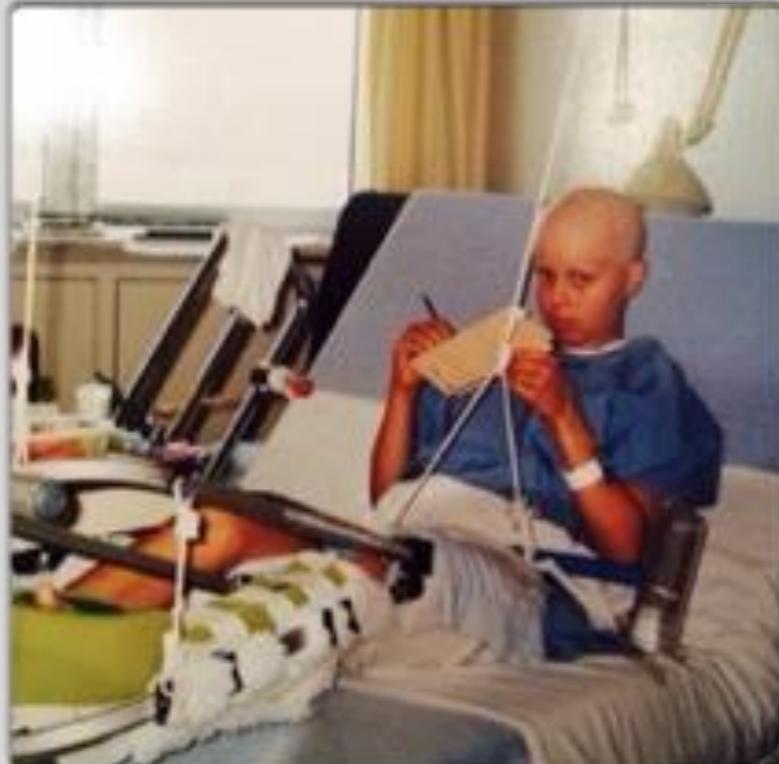
Personal ▾

Tuesday, Jul 31

10:30 AM to 11:30 PM

# PERSÉVÉRANCE

## ▶ La maladie



# DISCIPLINE

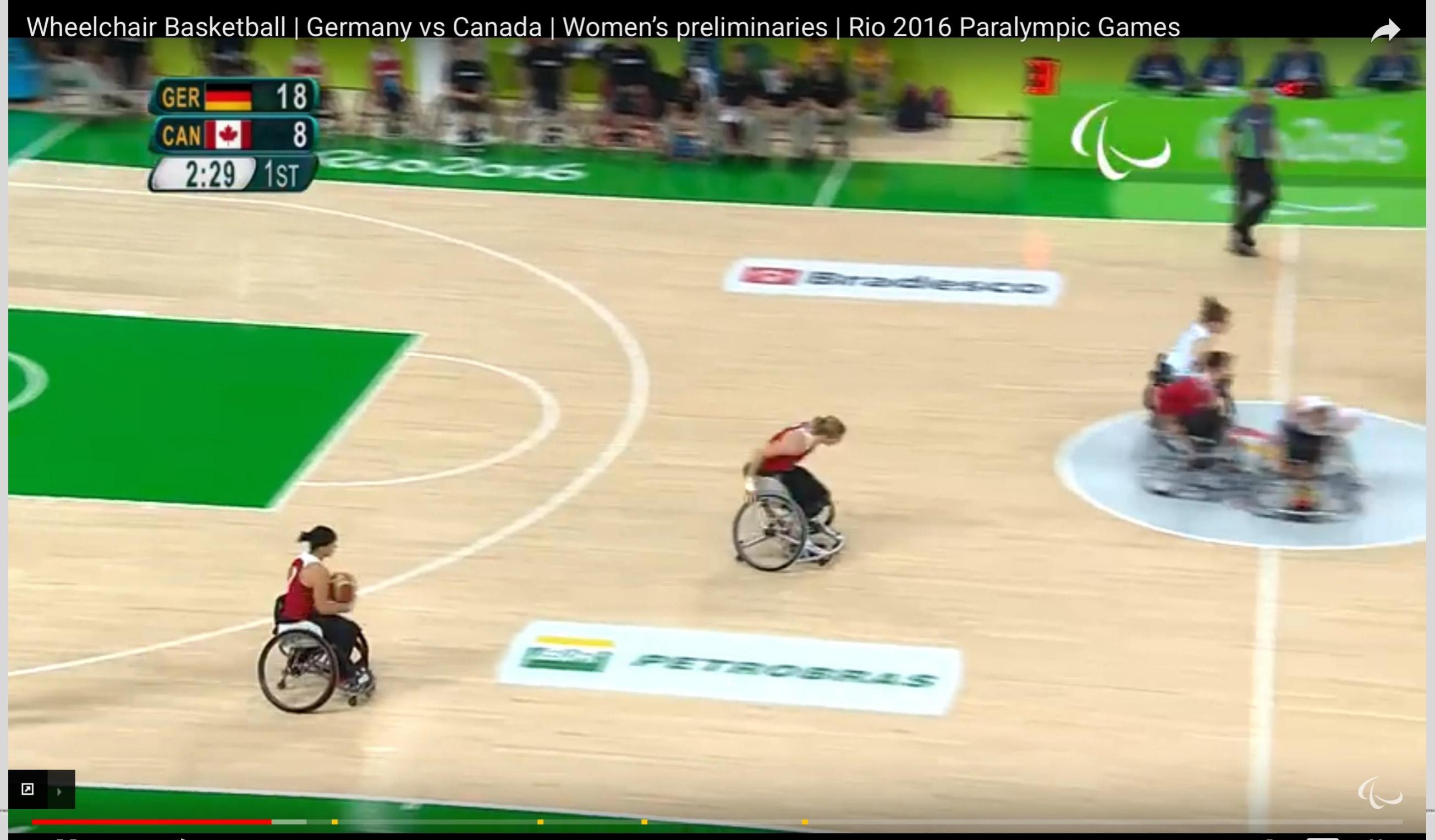
## ► 1<sup>er</sup> Jeux Paralympiques - CHINE



# DISCIPLINE

## ► Redevenir athlète

Wheelchair Basketball | Germany vs Canada | Women's preliminaries | Rio 2016 Paralympic Games



# DISCIPLINE

► Apprendre



# DISCIPLINE

## ► 2<sup>e</sup> Jeux Paralympiques - LONDRES



Cindy Ouellet, Canada - Women's Wheelchair Basketball  
London 2012 Paralympic Games, 29th August - 9th September

# DISCIPLINE

## ▶ La victoire



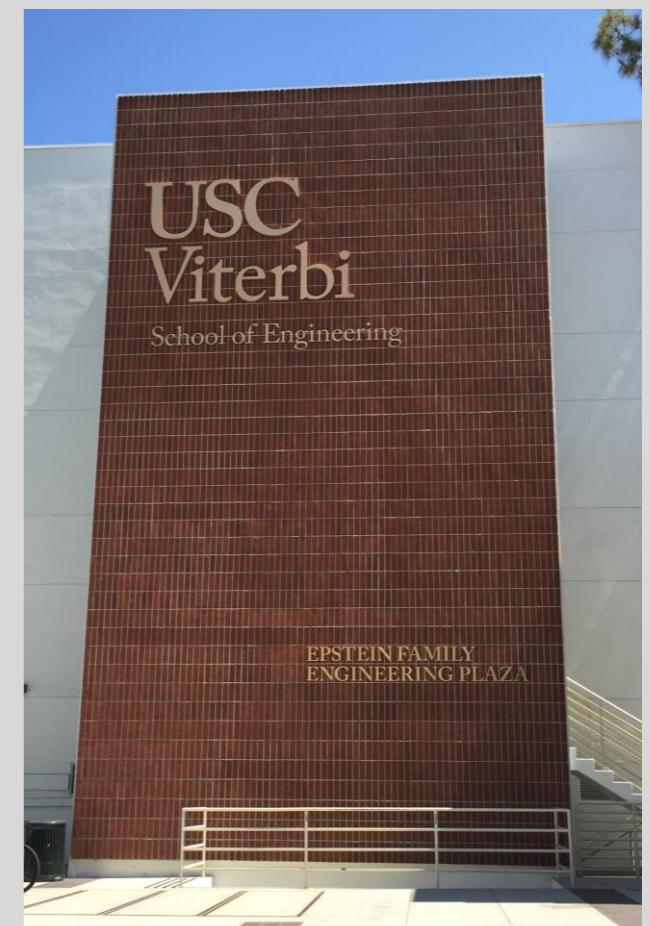
# DISCIPLINE

- ▶ Nouveau défi
- ▶ 3e Jeux Paralympiques



#WhatItTakes - Cindy Ouellet: Adversity Makes You better

A video frame showing a basketball hoop and net from a low angle, looking up. The background is dark, suggesting an indoor or nighttime setting. The video player interface at the bottom shows a progress bar at 0:00 / 1:00, a double arrow icon, and other controls.



# DISCIPLINE

- ▶ Recherches
- ▶ Thesis :Muscle Bilateral Electromyographical Activity In Unilateral Transfemoral Amputees
- ▶ Developing an Arm Crank Protocol for  $\text{VO}_{\text{max}}$  testing
- ▶ Electromyographical Research: Activity of the abdominal wall during prone pikes on various instability devices
- ▶ Observation of Heat Stress Study using BIA
- ▶ Hydratation Study Para-Athlete
- ▶ Neuromuscular research project; Human gait computer modeling

# DISCIPLINE

- ▶ Projet Courant
  - ▶ Evo Concept
- ▶ Projets Futurs BME
  - ▶ Hip prosthetic for Hemipelvectomy/ hip disarticulation patient
  - ▶ Microprocessor; powered; biomimetic hip joint
  - ▶ Surgery protocol (hip amputation)
  - ▶ Composite
  - ▶ Everyday wheelchair (airplane)
  - ▶ Carbon fiber bucket for paranordic skiing

# DISCIPLINE

- ▶ Rien n'arrive pour rien



# PYEONGCHANG 2018

## ► 4e Jeux Paralympiques (1er Hiver)



Crédit Radio-Canada Sports

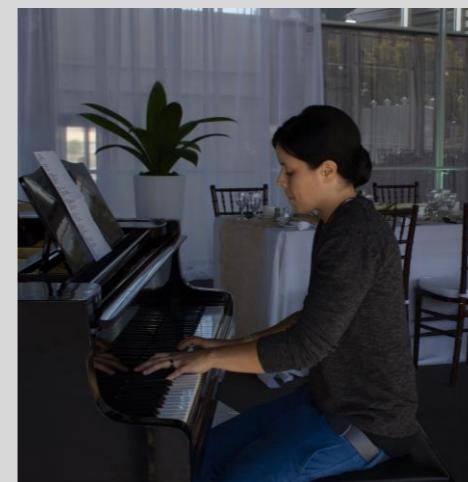
# CARPE DIEM

## ▶ La famille



# CARPE DIEM

- ▶ Prendre du temps pour soi-même



A black and white photograph of a woman in a gym. She is wearing a dark tank top and has her hair pulled back. She is holding two large dumbbells, one in each hand, with her arms extended downwards. Her gaze is directed downwards towards the weights. In the background, there are other gym equipment like a rowing machine and a punching bag.

“Je ne suis pas ce qui m'est arrivé. Je suis qui j'ai choisi de devenir.”

–Cindy Ouellet

# QUESTIONS

- ▶ Instagram:  
@couellet07
- ▶ Twitter:  
@SevenCan\_CO

