

Helping you  
move forward  
with confidence  
after the loss  
of a limb ▶

A Minnesota-based  
nonprofit organization





Sunshine Prosthetics & Orthotics

## The loss of a limb is life-changing

We're here to help you and your family deal with the changes, so you can all have the life you want.

Wiggle Your Toes brings critical resources together to answer your most pressing questions. And to help you think about important issues you may not have considered—from legal issues to therapy—so you can take the next step.

Check out our stories and see what you can do at [WiggleYourToes.org](http://WiggleYourToes.org)



1700 Rt. 23 N Ste 180

### We'll show you the way

Perhaps the most valuable resource we offer is to bring you together with someone who has experienced your level of loss.

Because they've been through what you're going through right now, they can help you navigate the uncertainty and show you the way.

### Your road back starts here

Wiggle Your Toes has become an important movement to advocate for and empower people who have lost a limb. With persistence and determination, you can get over barriers and around obstacles on your way to realizing your full potential.

We recommend addressing these issues, in order of urgency:

**Legal.** If your loss resulted from trauma, protect yourself and your estate with a free consultation from a personal injury attorney as soon as possible.

**Home modifications.** If you need changes to your home—ramps, lifts, widening of doors, safety bars—coordinate with a contractor to get the work done in time for your release from the hospital.

Wayne, NJ 07470



### Rehabilitation & physical therapy.

Begin an exercise routine suited to the type and level of loss as soon as you're medically cleared. We can help connect you with a therapist familiar with limb loss and the capabilities of prosthetic(s).

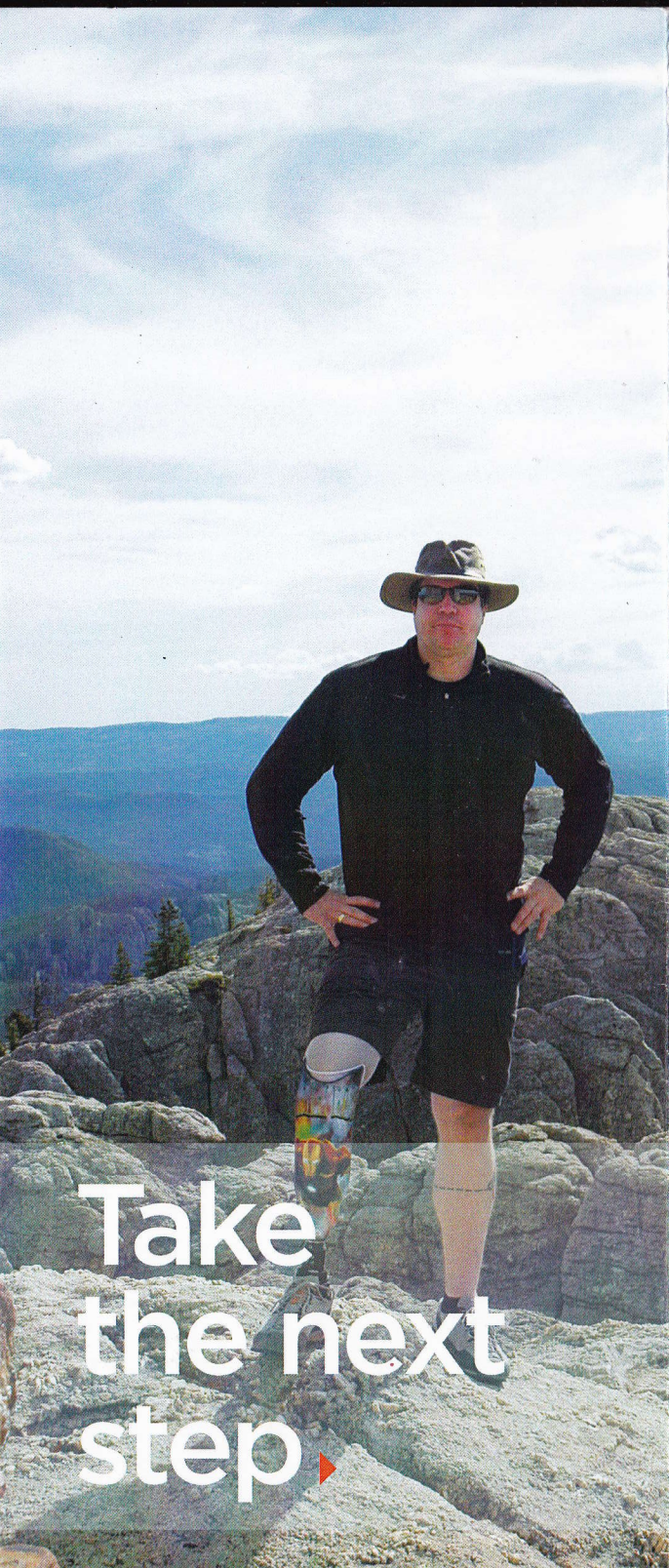
**Prosthetics & practitioners.** We can guide you through device options to match your desired activity level and help you find a practitioner who best suits your needs.

**Transportation.** We can help you explore accessible vehicle options and modifications, as well as DMV requirements for your license and a handicap placard or plate.

**Mobility equipment.** Consider whether you'll need a modified wheelchair, shower chair, cane, crutches or other fixed equipment like a stair lift or elevator.

**SunshinePandO.com - 973.696.8100**





Take  
the next  
step ▶

We'll take you from  
what now? and  
what's next? to  
here's how and  
now I can.

[WiggleYourToes.org](http://WiggleYourToes.org)

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