



COMPASSION AT EVERY STEP



Quick Recap

Orthotics, balance drills, and gait retraining help the body adapt after loss of the big toe's push-off role.

Edwin Manarang, RN

SPEAK WITH OUR TEAM

PHONE

(630) 915-5174

EMAIL

info@philippianshomecare.com

HOURS

9:00 AM to 5:00 PM

Contact us today for personalized care



Scan with your phone camera · tap the link.

This brochure is for informational purposes only—not a substitute for medical advice, diagnosis, or treatment. Consult your physician, nurse, or qualified health provider with any questions about your condition.



A warm welcome.

Steady habits and gentle support go a long way. This brochure walks you through what to know, what to watch for, and how we help at home.

“With the right support, daily life stays comfortable, independent, and full of the things you love.”

Inside this brochure

- What to know about your care
- Signs to watch for and when to call
- Habits that keep you strong and steady
- How to reach our team



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COMPASSION AT EVERY STEP

Recovery After Big Toe Amputation

Post-Surgical Gait & Balance Guide



Gentle home care that helps you stay safe, comfortable, and independent at home.

A friendly guide for you and your family

DAILY CARE



● Tips at Home

Practical day-to-day tips to keep recovery on track and make your daily care safer at home.

Build a calm daily routine — meals, medications, rest, and gentle activity at the same times each day. Note any changes and share them with your healthcare providers.

- Orthotic fitting and shoe education for even pressure across the foot.
- Balance exercises: seated marches, standing weight shifts, and single-leg support at counter.
- Inspect the foot daily for redness, blisters, or breakdown — use a mirror for areas you cannot see.
- Never walk barefoot; wear protective, well-fitting shoes indoors and outdoors.

WATCH CLOSELY



● What to Watch For

Knowing the signs early means quicker comfort and safer days.

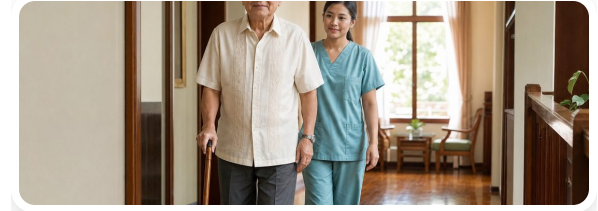
- Monitor balance, walking pattern, foot pain, and shoe fit changes.
- Check skin for redness, blisters, or drainage at incision sites.
- Screen uneven weight bearing or leaning to one side.

Good to know

- Status post (S/P) means after surgical removal of the big toe.
- The big toe pushes off during walking, so balance retraining matters.

When to call: Sudden pain, trouble breathing, high fever, or confusion — call your nurse or doctor. Call **911** for emergencies.

STAY STRONG



● Stay Strong & Steady

Wellness habits that keep you moving, balanced, and independent at home.

Small steps add up: one stretch, one balanced meal, or one short walk can brighten the whole day.

- Ink or pressure mat tests to visualize weight distribution when available.
- ADLs: avoid barefoot on hard floors; wear prescribed footwear indoors.
- Ankle strengthening: heel raises and resisted ankle bands.
- Wear protective shoes; never barefoot on hard surfaces.