

## Introducing littleSTEPS Gait Plates from Nolaro24

By Louis J. DeCaro, DPM

Nolaro24™, LLC, founded by Roberta Nole, CEO and Louis J. DeCaro, DPM, proudly introduces **littleSTEPS gait plates** for children. littleSTEPS™ gait plates are the first semi-rigid pre-fabricated orthoses that effectively limit in-toeing or out-toeing gait caused by rotational deformities of the lower limb. The littleSTEPS™ gait plates are based on the very successful line of littleSTEPS pre-fabricated UCBL's. littleSTEPS™ gait plates help correct muscle memory and encourage corrective torsional forces, all while creating a straighter and more normal gait for the child.

Left untreated, toe-in or toe-out gait may impair proper development of the lower limb and lead to permanent structural, strength, balance, and coordination deficits. littleSTEPS™ Gait Plates work by utilizing a semi-rigid shell that extends either medially or laterally depending on the condition. The littleSTEPS gait plate for in-toeing (the more common diagnosis) provides a semi-rigid shell with an extension beyond metatarsal heads 4 & 5 to effectively alter the break of the ball of the foot during propulsion to encourage out-toeing of the limb up to the hip. The littleSTEPS™ Gait Plate further addresses foot pronation associated with in-toe or out-toe gait by incorporating the features of a functional foot orthosis. (deep heel cup, medial rearfoot posting and skive) to control subtalar joint pronation during contact and midstance phases of gait, delivering prescription-based correction closely matching the criteria of traditional UCBL devices.

Customers can choose from either a toe-in gait plate that has the long lateral extension promoting out-toeing, or the toe-out gait plate with a long medial extension that promotes in-toeing. Sizes range from toddler shoe sizes 8.5 to children's size 2.5 shoes.

In-toeing or out-toeing can be caused by several factors. Examples include metatarsus adductus, femoral retro/anteversion, hip and core trunk weakness, and the usual suspect tibial torsion. Regardless of the etiology, muscle memory and resultant gait patterns quickly devel-

op. For example, with a toe-in gait, stretch weakness of the hip external rotators and abductors is predominant. littleSTEPS gait plates are a perfect complement to reduce this deleterious muscle memory.

littleSTEPS™ gait plates provide an affordable alternative to custom orthoses, enabling early intervention and treatment of many musculoskeletal conditions common to children. As a clinician and podopediatric specialist, I often find myself resorting to costly custom pediatric gait plate foot orthoses.

This custom process is not only costly for the patient, but also extremely technical for many orthotic labs to create. As a result, some children with developmental flat feet and in/out-toeing are left untreated due to the high costs associated with fabrication of custom foot orthoses and the lack of reimbursement.

Like the littleSTEPS™ orthoses, littleSTEPS gait plates are specifically designed to improve coordination, balance, pain, posture, and strength, and aid in the development of a more stable and functional gait. The complete line of

littleSTEPS orthoses are comprised of a 30mm heel cup depth, a medial heel skive, and high medial and lateral sidewall flanges. It is an effective and affordable alternative to custom foot orthoses for your pediatric patients, and allows for immediate same day dispensing. Sizes range from a toddler's size 8.5 through a children's size

2.5 suiting most kids.

The littleSTEPS™ gait plate orthosis provides the practitioner a cost effective alternative to gait plate specific custom orthoses. While declining economic conditions and rising co-pays might make it difficult for some parents to include custom foot orthoses into their family budget, littleSTEPS™ gait plate orthoses enhance practice management by addressing budgetary concerns while simultaneously enabling the podiatrist to expand his/her pediatric orthotic practice.

For more information contact Nolaro24 at [info@littlestepsfootorthotics.com](mailto:info@littlestepsfootorthotics.com), visit [littlesteps-footorthotics.com](http://littlesteps-footorthotics.com) or call toll-free at 877.792.4669, or circle #162 on the reader service card.



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