

# QUADRASTEP<sup>®</sup> SYSTEM



## Sizing Tips for the QUADRASTEP SYSTEM<sup>®</sup>

QUADRASTEP<sup>®</sup> foot orthoses are designed to fit and function like custom-made functional orthoses. Below are some examples of proper orthotic fitting:

### Sulcus Length Orthosis (forefoot posting)

Extrinsic forefoot posting should always just cover the met heads and end at the sulcus



#### Short

Forefoot posting posterior to met heads and cut-out does not match up to 1st MTH



#### Long

Forefoot posting too anterior and hitting the toes



#### Correct!

Forefoot posting ends at the sulcus and 1st MTH falls directly in the cut-out



#### Short

Too far posterior to met heads



#### Long

Hitting the met heads



#### Correct!

Just posterior to the met heads