

Patient Guidelines

Please read enclosed prior to use:

Congratulations on the purchase of your **NOLARO24, LLC** orthotics

Nolaro24 Quadrastep® and Littlestep® foot orthotics offer biomechanical corrections similar to that of a custom foot orthotic to effectively relieve pain and prevent future pathology.

Fitting your orthotics to your shoes:

- It is recommended that you break-in your new orthotics using one particular pair of full fitting or athletic shoes, until you are comfortable with a full day wearing cycle.
- Do not wear orthotics in shoes that are excessively worn out!
- Place the orthotic device in the very back of the shoe and completely flat. Ensure there is not a gap between the back edge of the device and the shoe, and that the device is not tipped to one side or the other.
- Once your device and foot are within the shoe, it should not feel too tight. Some heel slippage is normal during the break-in period, but should subside within a week or so.
- If it does feel too tight remove the original insole which came fitted inside the shoe.

Breaking in your new orthotics:

- Wear your orthotics 1-2 hours the first day. Each subsequent day you may increase your wear time by an additional 1-2 hours until you are comfortable wearing them full time.
- In most cases, the initial break-in period should last about 2 weeks.
- Please do not wear your orthotics for high impact sports activities during the initial break-in period.

Care Instructions:

- Orthotics should be cleaned using soap and water and wiped dry
- Do not bleach or use other detergents
- Do not machine wash
- Do not tumble dry
- Do not expose to extreme heat

Important Information:

- If you notice any persistent pressure areas or sores, discontinue use immediately and consult your healthcare practitioner.
- If you suffer from diabetes, circulatory problems, foot infections, ulcerations or severe foot deformities, please ensure your healthcare practitioner is aware of this prior to using orthotics.

Our Warranty:

60 day warranty against manufacturer's defect or breakage that occurs under normal use. This does not include any modifications you or your healthcare provider make to the device. Warranty does not imply, nor include, any guarantees of successful clinical outcomes.

For more information please visit

QUADRASTEP® and **littleSTEPS®** at

www.nolaro24.com

Email info@nolaro24.com

or call 877.792.4669

or fax 203-758-1011

NOLARO24™
LLC

the alternative to custom orthotics

maker of the **QUADRASTEP SYSTEM®**

and **littleSTEPS®** foot orthotics for kids

877-792-4669

80 Turnpike Drive, Unit 2B
Middlebury, CT 06762 USA



NOLARO24™
LLC
the alternative to custom orthotics

PATIENT USAGE INFORMATION AND GUIDLINES

FOR

QUADRASTEP
SYSTEM®



Prefabricated Custom To Foot Type Orthotics

AND

 **littleSTEPS®**
foot orthotics for kids

Take the **NEXT STEP** in Foot Orthotic Design

If you Received Topcovered Orthotics

Important Trimming Instructions

Your orthotics will most likely not fit directly into your shoes as they may need some trimming.

TRIMMING INSTRUCTIONS

- Remove the existing insoles from your shoes.
- Place the insole over the top of the correct orthotic (right insole over right orthotic, etc.). Left and right are marked on the bottom.
- Trace the outline of the insole on to the topcover.
- Cut the topcover along the traced line.
- Place the orthotic in the shoe.
- Feel at the toes to be sure there is no extra material bunched up.
- If there is extra material, remove the orthotic and carefully trim off a little more.

IMPORTANT NOTES

- Your orthotics will **REPLACE** the insoles currently in your shoes (do not wear both).
- Please follow the break in instructions we have provided you.
- You should not get any blisters or red spots. If you do, please contact your practitioner.
- If you would like to purchase a second pair of orthotics, please contact your practitioner.
- If your orthotic's begin to show wear, contact your practitioner about refurbishing or replacing your orthotics to insure proper correction.

How do foot problems start?

Problems often arise when the bones and joints of the foot lose their natural position. This causes a weakness of the foot and prevents it from working normally.

Our feet support our whole body weight so when things go wrong this can cause problems elsewhere in the body. At the same time, changes in body posture can also lead to problems in the feet.

Genetic studies now show that you may inherit your foot structure from your parents. Some of us inherit foot types which are more likely to develop problems than others.

In such cases, foot orthotics are the preferred treatment method.

What are foot orthotics?

Foot orthotics are specially designed shoe inserts, which help restore the correct functional position of the foot.

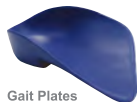


littleSTEPS® come in 2 models:



Original foot orthotics

(Left feet shown)



Gait Plates

littleSTEPS® foot orthotics:

- Support Flat Feet and Improve Posture
- Control Heel Pain/Sever's Disease
- Reduce Growing Pains
- Improve Low Muscle Tone and Strength

littleSTEPS® gait plates:

- Reduce In-Toeing
- Improve Hip & Lower Extremity Strength
- Reduce Destructive Torsional Forces
- Create a Straighter, More Normal Gait

How do QUADRA STEP® Foot Orthotics Work?

Most feet can be categorized into 6 major groups of foot types. Your healthcare practitioner will have taken you through a number of assessment steps in order to determine the group in which your feet belong.

The orthotic which you have been prescribed has been designed to meet the needs of your specific foot type. These designs include features such as heel cup depth, arch support and forefoot cut-outs. The strength of the material used is also a feature which has been specially matched to the amount of support your foot type requires.



the latest **INNOVATION**
in pediatric orthotics