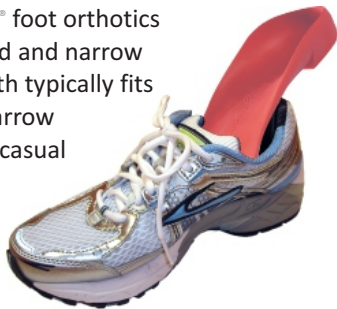


Where can I get a pair of QUADRASTEP® Foot Orthotics?

Your practitioner will often have the correct QUADRASTEP® orthotics in stock at their office, so they can dispense them the day of your evaluation. This avoids delays encountered with a custom orthotic that requires taking a mold of your feet and a 3-4-week delay for fabrication and delivery. If your practitioner does not stock the QUADRASTEP® orthotics you need, they can be ordered and delivered to you quickly in just days.

Can I wear QUADRASTEP® foot orthotics in any shoe?

QUADRASTEP® foot orthotics come in both standard and narrow widths. Standard width typically fits athletic shoes, and narrow width models are for casual leisure shoes. For optimal benefit consider a pair for each shoe style.



How long do QUADRASTEP® foot orthotics last?

People who wear their QUADRASTEP® orthotics regularly can expect them to last roughly 1 to 2 years. Orthotic wear is largely dependent on your foot type, activity level and body weight. We recommend an annual check up with your clinician, who will determine when your orthotics are in need of replacement.



Is there a break-in period?

Yes. Most patients will be able to gradually increase their wearing time over a 7-10 day period, starting first with normal activities of daily living and gradually working towards more strenuous activities, such as sports. It is recommended that all foot orthotics be worn with socks to avoid blisters.

What can I do for my children?



Help your children avoid inheriting painful pathologies by having your clinician screen their feet. Kids with flat feet can benefit greatly from early intervention using littleSTEPS® foot orthotics for kids. littleSTEPS® fit toddlers to teens. Ask your practitioner if littleSTEPS® are right for your child!



For more information about the QUADRASTEP SYSTEM® ask your clinician:

QUADRASTEP
SYSTEM®
Prefabricated Custom To Foot Type Orthotics

Could your ankle, knee, hip or back **PAIN** be coming from your feet?

WE CAN HELP!

For Teens & Adults



ENHANCE YOUR LIFE with our **REVOLUTIONARY** family of pre-fabricated foot orthoses

NOLARO²⁴ LLC
the alternative to custom orthotics

www.nolaro24.com

Why are my feet important?

Like the foundation of a house, it all begins at the ground. Yes, many people have foot pain that can be relieved with orthotics. But did you know that your foot structure also contributes to shin, knee, hip or back pain? Your clinician can explain how a properly balanced body can dramatically improve your overall posture and strength, and decrease your pain. It all starts with the feet!

Can foot orthotics help?

The first step is to determine the source of your problem. Some problems can be the a result of an injury. Your clinician will determine what forms of treatment to suggest for these situations. This may include foot orthotics. Often, poor foot alignment is not the result of injury, but is genetic. You inherit your foot structure, just like your eye color or other physical attributes. Foot orthotics can be the answer. Foot orthotics optimize foot and ankle alignment, and can also balance your lower extremities, pelvis and spine.



Are all foot orthotics the same?

They shouldn't be! Each foot type is unique, and requires a specific orthotic design. Most devices sold as over-the-counter or prefabricated foot orthotics are merely arch supports that have a "one-shape-fits-all" limitation. They will shift some body weight away from the pain but will not control the way your foot moves or how that movement affects your body.

QUADRASTEP prefabricated foot orthotics are different. They are based on a patented 24 foot typing system with a different orthotic for each type of foot. Each orthotic has unique corrections specifically designed for that foot type to alleviate pain and discomfort, as well as improve the way you stand and move.

By using the correct **QUADRASTEP** orthotic for your foot type, you will have actual structural change in your entire body in a way that a "one-type-fits-all" arch support can't duplicate.

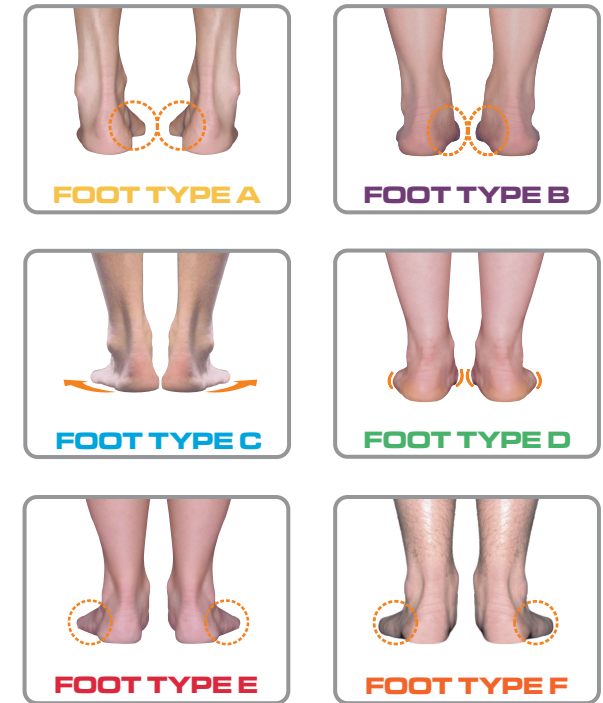
Some conditions that may benefit from foot orthotics:

- Plantar Fasciitis
- Metatarsalgia
- Neuromas
- Ankle Pain
- Tendinitis (Tibial, Peroneal, Achilles)
- Shin Splints
- Knee Pain
- Hip and Back Pain
- Neuropathy
- Bunions
- Balance Disorders

QUADRASTEPS® are the NEXT BEST thing to customs!

Nolaro 24's patented foot typing system identifies 24 foot types that can be classified into six major groups. Each **QUADRASTEP**® foot orthotic is uniquely designed for a specific group. Your practitioner can determine your foot type to find the orthotic that is correct for you. In many cases your left and right foot may not be the same type, and you may need two different **QUADRASTEP**® orthotics. For more involved conditions custom foot orthotics may be necessary. However, in many cases, **QUADRASTEP**® pre-fabricated foot orthotics can offer a more affordable solution.

CAN YOU GUESS YOUR FOOT TYPE?



Each **QUADRASTEP**® foot orthotic is uniquely designed for a specific Foot Type

SEE the **DIFFERENCE** for yourself!

F QUAD
Without
QUADRASTEPS®



F QUAD
With
QUADRASTEPS®

