

NOLARO²⁴™
LLC
the alternative to custom orthotics

WHY TREAT ALL FEET THE SAME?



QUADRASTEP
 **SYSTEM**[®]
Prefabricated Custom To Foot Type Orthotics



littleSTEPS[®]
foot orthotics for kids

The **NEXT STEP** in Foot Orthotic Design For the Entire Family

Introducing the Revolutionary QUADRASTEP SYSTEM®

The **QUADRASTEP SYSTEM**® is based on a clinical assessment algorithm which identifies and differentiates the structural and functional aspects of the foot into 6 specific foot “types”.

Each foot type influences not only the patient’s gait but also the conditions and pathologies which may effect them throughout their lives.

The **QUADRASTEP SYSTEM**® approach to dispensing prefabricated functional foot orthoses is easy to use and brings immediate improvement to patient’s symptoms. The 4 steps to selecting an orthotic with the correct features are based on many years of clinical experience and research. By following the steps the professional will be able to offer immediate orthotic treatment that will be sensitive to the natural development of the patient’s feet and normalize the stresses that create pain and disability.

QUADRASTEP SYSTEM® orthoses are manufactured from an injection molded thermoplastic compound which has a unique combination of strength with a soft “edge feel” which gives incredible support while maintaining high patient comfort and therefore improving patient compliance. The devices are a single piece incorporating all of the required postings, recesses and heel cup/sidewall heights to effectively treat the specific foot type diagnosed requiring no additions or top covers. They can be easily cleaned with disinfectant without any loss of structural integrity.

The **QUADRASTEP SYSTEM**® offers:

- 6 biomechanically tailored orthosis
- Immediate patient results
- No casting/impressions/scans required
- Durable hygienic construction
- Simple 4-Step selection process
- New customer Starter Kits available



THE QUADRASTEP SYSTEM®

A SEVERE PES CAVUS

- Poor Shock Attenuation
- Excessive Supination
- Narrow or Cross Over Gait

KEY ORTHOTIC FEATURES

- Lateral Forefoot Posting
- 1st MTH Cut-Out
- Deep Lateral Heel Cup
- Equinus Correction
- Great for Ankle Instability!**

POSSIBLE CLINICAL SYMPTOMS

- Lateral Ankle Instability
- Peroneal Tendonitis
- Heel Pain
- 5th Metatarsal Base Pressure
- Lower Back Pain
- Sesamoiditis, Claw Toes
- Knee Recurvatum

FOOT PROGRESSION ANGLE

B MILD PES PLANUS

- Pronates through Mid-Stance
- Re-supinates in Propulsion
- Propels off 1st and 2nd MTH's

KEY ORTHOTIC FEATURES

- Medial RF Posting
- Intrinsic Lateral FF Posting
- Mild Medial Skive
- Great for In-Toeing!**

POSSIBLE CLINICAL SYMPTOMS

- Toe-In Gait
- Neuromas
- Sesamoiditis
- 1st Ray Hypermobility
- Sacro-Iliac Pain
- Often Unilateral if Associated with Leg Length Inequality

FOOT PROGRESSION ANGLE

C NEUTRAL FOOT

- Poor Shock Attenuation
- Restricted STJ Pronation
- Propels off Medial Hallux

KEY ORTHOTIC FEATURES

- Neutral RF Posting
- Medium Arch
- Standard Depth
- Great for Hip and Back Pain!**

POSSIBLE CLINICAL SYMPTOMS

- Hip Pain
- Lower Back Pain
- Iliotibial Band Syndrome
- Retrocalcaneal Heel Pain
- Haglund's Deformity
- Medial Hallux Pinch Callus

FOOT PROGRESSION ANGLE

D MODERATE PES PLANUS

- Neutral Toe Out
- Pronation through Midstance
- Midtarsal Joint Instability

KEY ORTHOTIC FEATURES

- Deep Heel Cup
- Medial RF Posting
- Moderate Medial Skive
- Medial Flare
- Great for Plantar Foot Pain!**

POSSIBLE CLINICAL SYMPTOMS

- Plantar Fasciitis
- Metatarsalgia
- Functional Hallux Limitus
- Patellofemoral Pain Syndrome
- Posterior Tibial Tendonitis
- Neuromas
- Dorsal Bunions

FOOT PROGRESSION ANGLE

E ABDUCTOVARUS FOREFOOT

- Narrow Heel Base Gait
- Restricted Subtalar Pronation
- Pivots at 5th MTH in Propulsion

KEY ORTHOTIC FEATURES

- Medial RF & FF Posting
- 5th MTH Cut-Out
- 1st MTH Control
- Medial Flare/Flange
- Great for Heel, Shin & Knee pain!**

POSSIBLE CLINICAL SYMPTOMS

- Plantar Fasciitis / Heel Pain
- Shin Splints
- Knee Pain
- Tailor's Bunions
- Calcaneal Apophysitis (Sever's Disease)
- Osgood-Schlatter Disease

FOOT PROGRESSION ANGLE

F SEVERE PES PLANOVALGUS

- Pronates through Propulsion
- Severe MTJ Instability
- Propels from Central MTH's

KEY ORTHOTIC FEATURES

- Depth Orthosis
- Large Medial Skive
- Medial RF & FF Posting
- 1st MTH Cut-Out to ↑ Peroneal Function
- Great for PTTD!**

POSSIBLE CLINICAL SYMPTOMS

- Posterior Tibial Dysfunction
- Tarsal Tunnel Syndrome
- Plantar Fasciitis
- Knee Valgus/DJD
- Subfibular Impingement
- HAV/Bunions
- Splayfoot

FOOT PROGRESSION ANGLE

QUADRASTEP



SYSTEM[®]

Four simple steps to choosing a custom to foot type orthosis...

The different shapes and positions of our feet should allow us to move naturally as we walk and run. Observational evidence has shown that there are four key features that will influence how our feet work. Different combinations of these features can lead to common painful symptoms.

The **QUADRASTEP SYSTEM[®]** shows how these physical and functional patterns can be identified to allow practitioners to treat problems with an orthosis that is uniquely suited to each combination.

A

SEVERE PES CAVUS

The Quad A foot type is commonly thought of as an over-supinated or Severe Pes Cavus foot. This condition, also known as a Torque Foot, occurs when an Uncompensated Rearfoot Varus is coupled with a Large Rigid Forefoot Valgus. A key distinguishing feature of this foot-type is a narrow gait pattern.

B

MILD PES PLANUS

The Quad B foot type is a mildly over-pronated foot. This is the result of a Compensated Rearfoot Varus with a Flexible Forefoot Valgus deformity. It is often unilateral and may be associated with a leg length discrepancy. A key distinguishing feature of this foot-type is a toe-in gait pattern.

C

NEUTRAL FOOT

The Quad C foot type is sometimes referred to as a Subtle Pes Cavus foot or an under-pronator. This foot type exists when an Uncompensated Rearfoot Varus is coupled with a relatively neutral forefoot alignment. A key distinguishing feature of this foot-type is an obvious toe-out gait pattern.

D

MODERATE PES PLANUS

The Quad D foot type is a moderately over-pronated foot. This foot type occurs when a Compensated Rearfoot Varus exists with a neutral forefoot alignment. A key distinguishing feature of this foot-type is an MTJ instability.

E

ABDUCTOVARUS FOREFOOT

The Quad E foot type is one of the most unique looking feet, often with a reverse-lasted foot shape. This foot type is the result of a combined Uncompensated Rearfoot Varus, coupled with a large Rigid Forefoot Varus. A key distinguishing feature of this foot-type is an obvious heel pivot.

F

SEVERE PES PLANOVALGUS

The Quad F foot type is commonly referred to as a Pes Planovalgus foot deformity because of its very poor alignment to the floor. This is a true "flat foot." The condition occurs when a Compensated Rearfoot Varus is coupled with a large Flexible Forefoot Varus (also called Forefoot Supinatus).



ARCH HEIGHT TOE-SIGN GAIT STYLE CALLUS SIGNS QUADRASTEPE® MODEL

High Externally rotated tibia/ Adducted forefoot Narrow Gait 1st & 5th MTH

A

Medium - Low Internally rotated tibia/ Adducted forefoot Toe-In Gait 1st & 2nd MTH

B

Medium Normal externally rotated tibia/Straight forefoot Toe-Out Gait Medial Hallux

C

Low Internally rotated tibia/ Straight forefoot Neutral Gait 2nd MTH

D

Medium - Low Internally rotated tibia/ Abducted forefoot Medial Heel Pivot 2nd & 5th MTH

E

Flat Severe internal tibial rotation/Abducted forefoot Abducted Gait Large Central Met

F

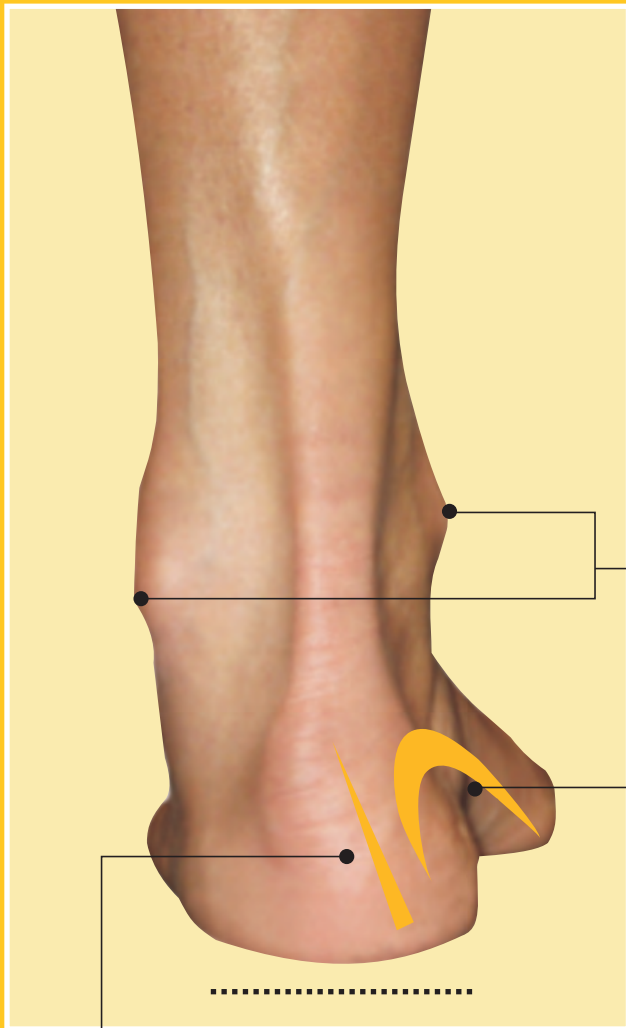
A

SEVERE PES CAVUS

The Quad A foot type is commonly thought of as an over-supinated or Severe Pes Cavus foot. This condition, also known as a Torque Foot, occurs when an Uncompensated Rearfoot Varus is coupled with a Large Rigid Forefoot Valgus.



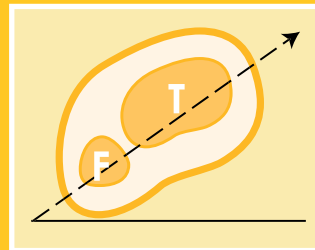
PROPELS FORCEFULLY FROM 1st METATARSAL



LARGELY INVERTED HEEL ALIGNMENT



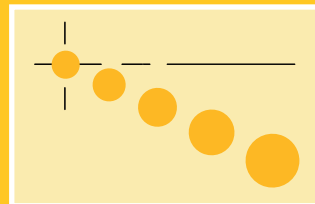
"PEEK-A-BOO" HALLUX



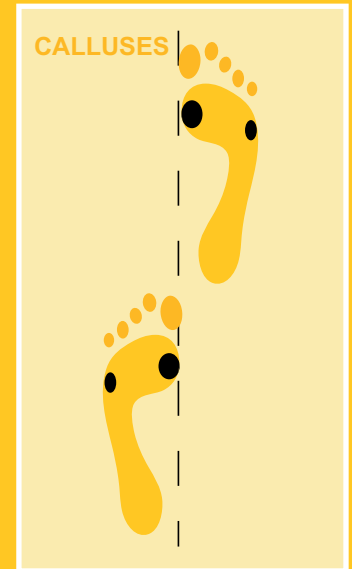
LARGE EXTERNAL TIBIAL/FIBULAR ROTATION



CAVUS/HIGH ARCH



VALGUS FOREFOOT ALIGNMENT



FOOT PROGRESSION ANGLE

- Poor Shock Attenuation
- Excessive Supination
- Narrow or Cross Over Gait

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 or to order **QUADRASTEP®**
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 or email info@nolaro24.com
 or call **877.792.4669**

KEY ORTHOTIC FEATURES

- Lateral Biaxial Forefoot Posting
- 1st MTH Cut-out
- Deep Lateral Heel Cup
- Equinus Correction



REVERSE



POSSIBLE CLINICAL SYMPTOMS

- Lateral Ankle Instability
- Peroneal Tendonitis
- Heel Pain
- 5th Metatarsal Base Pressure
- Lower Back Pain
- Sesamoiditis, Claw Toes
- Knee Recurvatum

Item Code	Description	Women's	Men's	Euro Size
Size 1	Type A - Adult Size 1	6.5 - 7.5	5 - 6	37 - 38
Size 2	Type A - Adult Size 2	8 - 9	6.5 - 7.5	39 - 40
Size 3	Type A - Adult Size 3	9.5 - 10.5	8 - 9	41 - 42
Size 4	Type A - Adult Size 4	11 - 12	9.5 - 10.5	43 - 44
Size 5	Type A - Adult Size 5	12.5 - 13	11 - 12	45 - 46

Great for Ankle Instability!



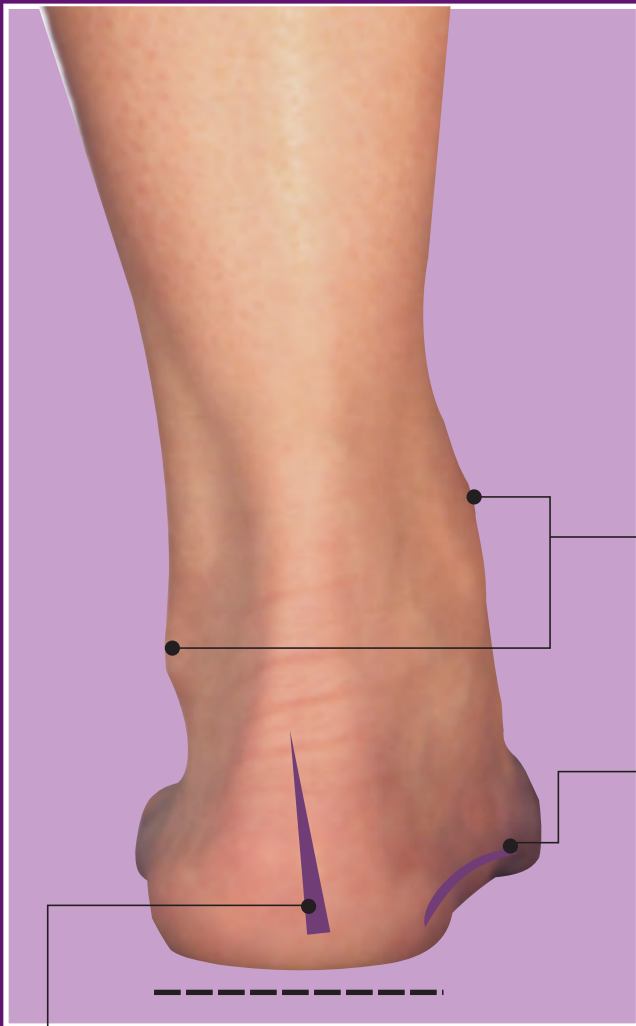
B

MILD PES PLANUS

The Quad B foot-type is a mildly over-pronated foot. This is the result of a Compensated Rearfoot Varus with a flexible forefoot valgus deformity. It is often unilateral and may be associated with a leg length discrepancy



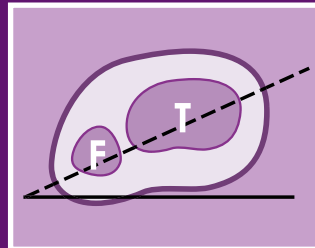
TOE IN GAIT



MILDLY INVERTED HEEL ALIGNMENT



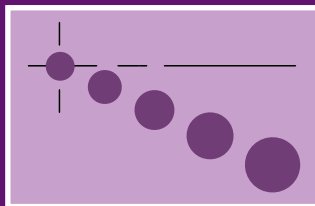
TOE IN



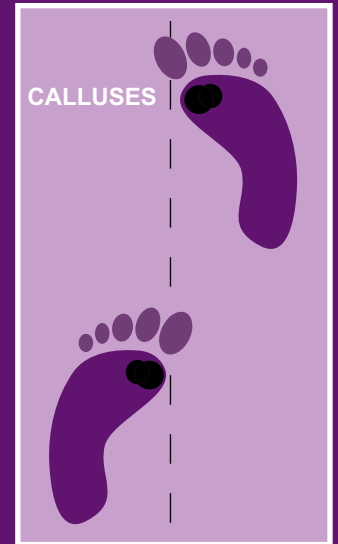
MILD-MODERATE INTERNAL TIBIAL/FIBULAR ROTATION



LOW-MEDIUM ARCH



VALGUS FOREFOOT ALIGNMENT



FOOT PROGRESSION ANGLE

- Pronates through Mid-STANCE
- Re-supinates in Propulsion
- Propels off 1st and 2nd MTH's

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KEY ORTHOTIC FEATURES

- Medial RF Posting
- Intrinsic Lateral FF Posting
- Mild Medial Skive



REVERSE



POSSIBLE CLINICAL SYMPTOMS

- Toe-In Gait
- Neuromas
- Sesamoiditis
- 1st Ray Hypermobility
- Sacro-Iliac Pain
- Often Unilateral if associated with leg length inequality

Item Code	Description	Women's	Men's	Euro Size
Size 1	Type B - Adult Size 1	6.5 - 7.5	5 - 6	37 - 38
Size 2	Type B - Adult Size 2	8 - 9	6.5 - 7.5	39 - 40
Size 3	Type B - Adult Size 3	9.5 - 10.5	8 - 9	41 - 42
Size 4	Type B - Adult Size 4	11 - 12	9.5 - 10.5	43 - 44
Size 5	Type B - Adult Size 5	12.5 - 13	11 - 12	45 - 46

Great for In-Toeing!

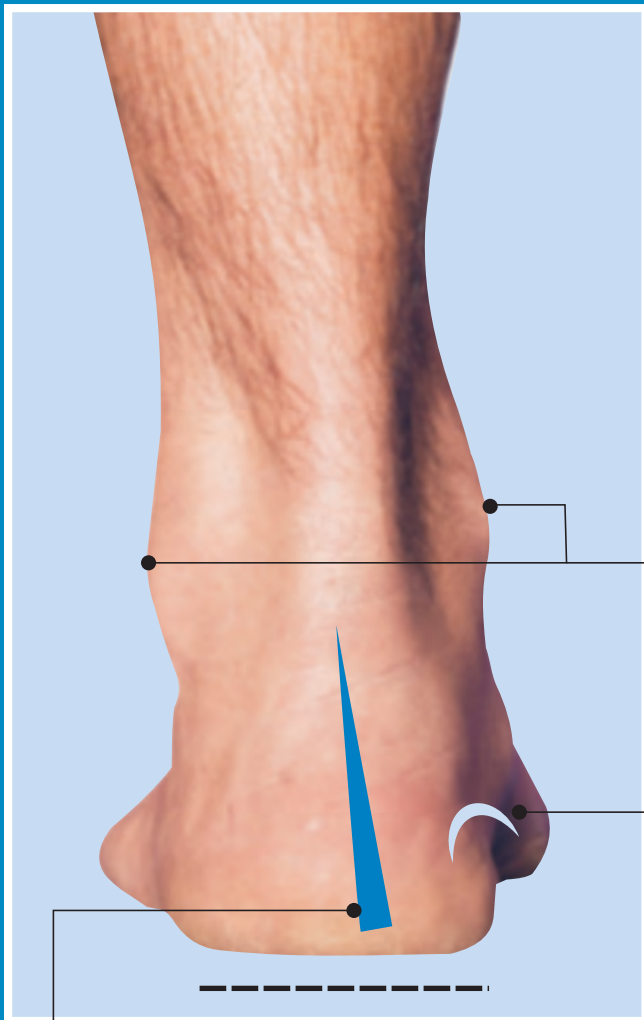


NEUTRAL FOOT

The Quad C foot-type is sometimes referred to as a subtle Pes Cavus foot or an under-pronator. This foot-type exists when an Uncompensated Rearfoot Varus is coupled with a relatively normal (neutral) forefoot alignment. A key distinguishing feature of this foot-type is an obvious toe-out gait pattern.



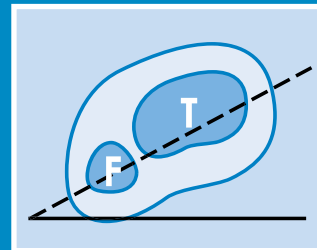
TOE OUT GAIT CAUSES "FALSE POSITIVE" TOE SIGN



MODERATELY INVERTED HEEL ALIGNMENT



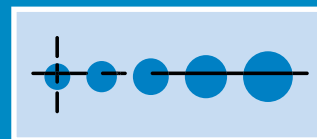
NORMAL TOE SIGN



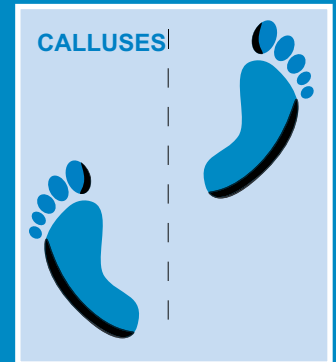
NORMAL EXTERNAL TIBIAL/FIBULAR ROTATION



MEDIUM ARCH



NORMAL FOREFOOT ALIGNMENT



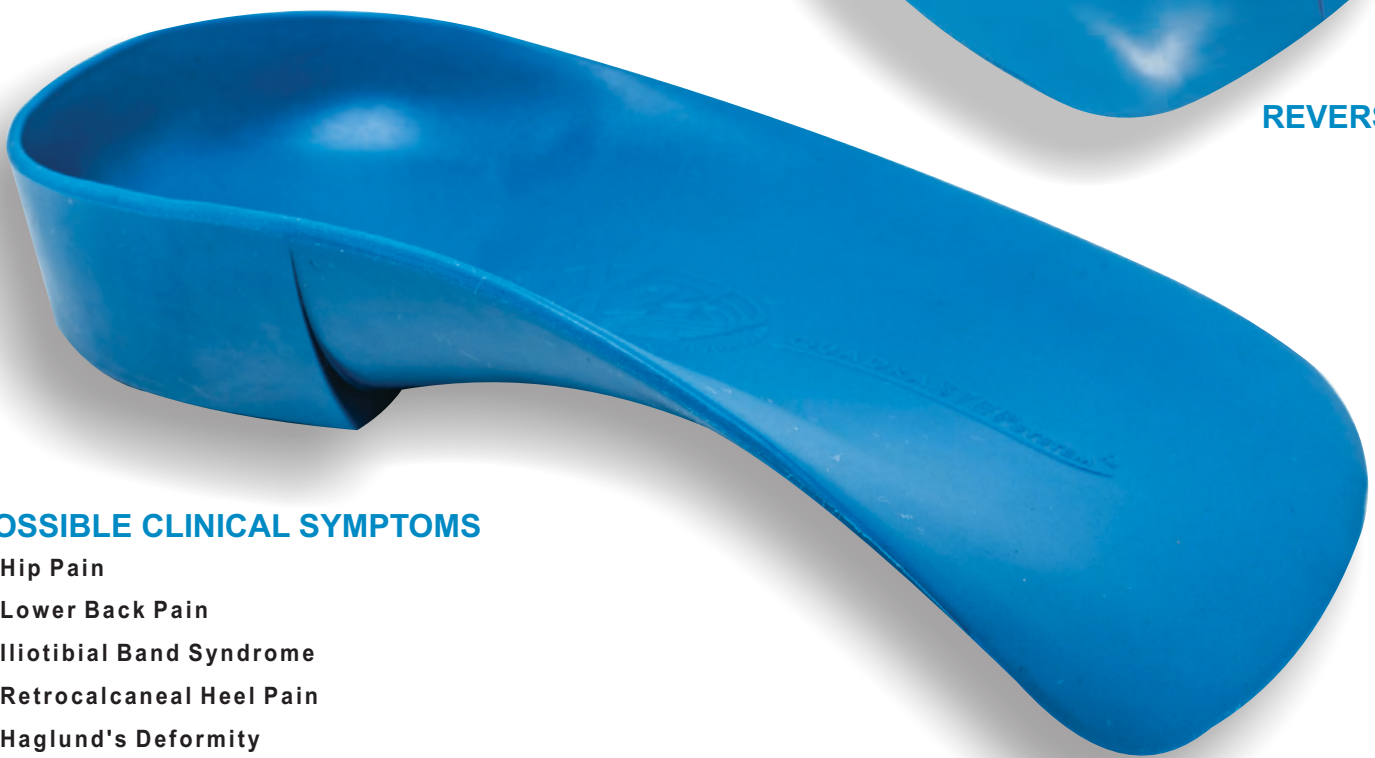
FOOT PROGRESSION ANGLE

- Poor Shock Attenuation
- Restricted STJ Pronation
- Propels off Medial Hallux

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or call **877.792.4669**

KEY ORTHOTIC FEATURES

- Neutral RF Posting
- Medium Arch
- Standard Depth Heel Cup



POSSIBLE CLINICAL SYMPTOMS

- Hip Pain
- Lower Back Pain
- Iliotibial Band Syndrome
- Retrocalcaneal Heel Pain
- Haglund's Deformity
- Medial Hallux Pinch Callus

Item Code	Description	Women's	Men's	Euro Size
Size 1	Type C - Adult Size 1	6.5 - 7.5	5 - 6	37 - 38
Size 2	Type C - Adult Size 2	8 - 9	6.5 - 7.5	39 - 40
Size 3	Type C - Adult Size 3	9.5 - 10.5	8 - 9	41 - 42
Size 4	Type C - Adult Size 4	11 - 12	9.5 - 10.5	43 - 44
Size 5	Type C - Adult Size 5	12.5 - 13.5	11 - 12	45 - 46
Size 6	Type C - Adult Size 6	14 - 15.5	12.5 - 14	47 - 49

Great for Hip and Back Pain!

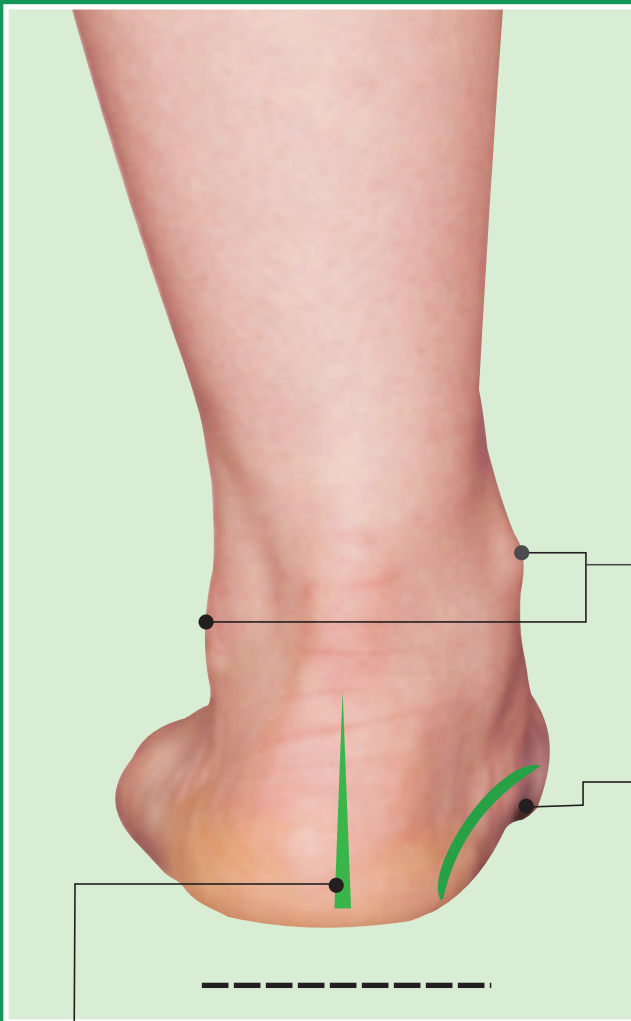


MODERATE PES PLANUS

The Quad D foot-type is a moderately over-pronated foot. This foot-type occurs when a Compensated Rearfoot Varus exists with a normal or neutral forefoot alignment.



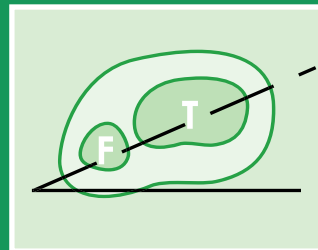
PROPELS OFF 2ND & 3RD METATARSAL (DUE TO TRANSVERSE METATARSAL ARCH REVERSAL)



VERTICAL HEEL ALIGNMENT



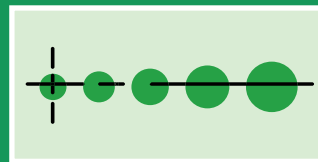
NEUTRAL TOE SIGN



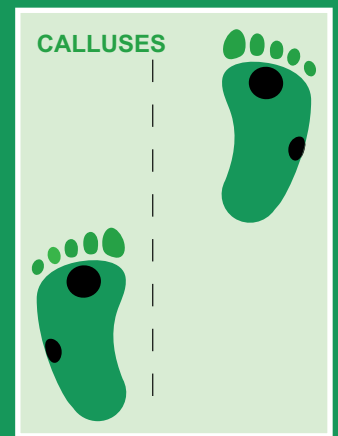
MODERATE INTERNAL TIBIAL/FIBULAR ROTATION



LOW ARCH



NEUTRAL FOREFOOT ALIGNMENT



FOOT PROGRESSION ANGLE

- Neutral Toe Out
- Pronation through Midstance
- Midtarsal Joint Instability

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KEY ORTHOTIC FEATURES

- Deep Heel Cup
- Medial RF Posting
- Moderate Medial Skive
- Medial and Lateral Flare



REVERSE



POSSIBLE CLINICAL SYMPTOMS

- Plantar Fasciitis
- Metatarsalgia
- Functional Hallux Limitus
- Patellofemoral Pain Syndrome
- Posterior Tibial Tendonitis
- Neuromas
- Dorsal Bunions

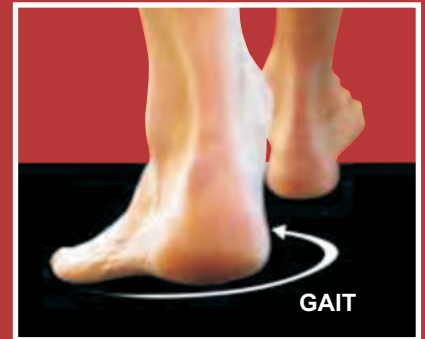
Item Code	Description	Women's	Men's	Euro Size
Size 1	Type C - Adult Size 1	6.5 - 7.5	5 - 6	37 - 38
Size 2	Type C - Adult Size 2	8 - 9	6.5 - 7.5	39 - 40
Size 3	Type C - Adult Size 3	9.5 - 10.5	8 - 9	41 - 42
Size 4	Type C - Adult Size 4	11 - 12	9.5 - 10.5	43 - 44
Size 5	Type C - Adult Size 5	12.5 - 13.5	11 - 12	45 - 46
Size 6	Type C - Adult Size 6	14 - 15.5	12.5 - 14	47 - 49

Great for Plantar Foot Pain!

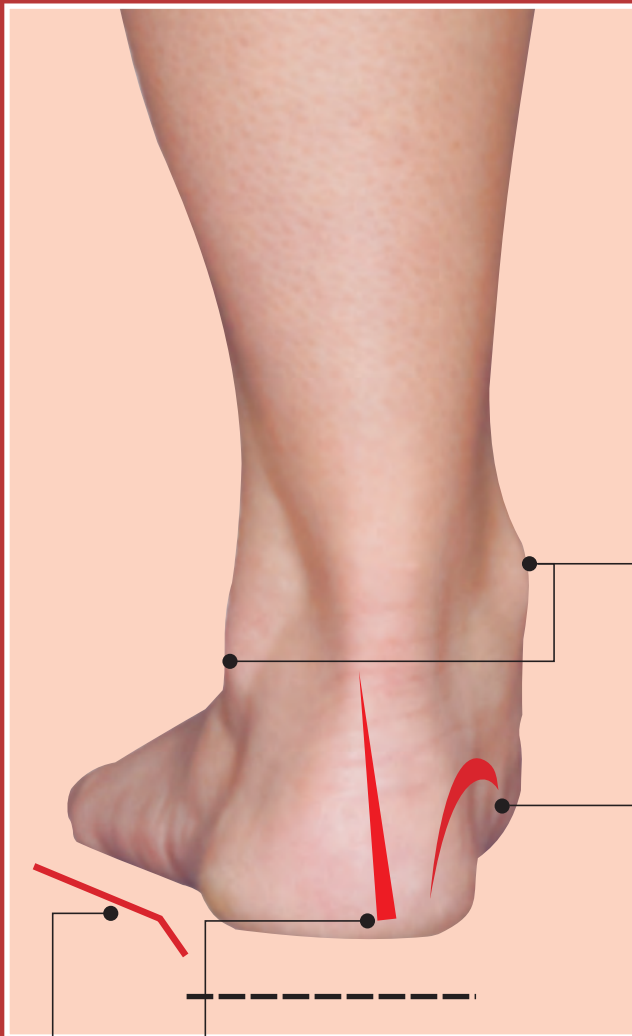
E

ABDUCTOVARUS FOREFOOT

The Quad E foot-type is one of the most unique looking feet, often with a reverse-lasted foot shape. This foot-type is the result of a combined Uncompensated Rearfoot Varus, coupled with a large Rigid Forefoot Varus.

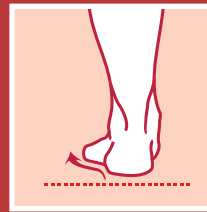


MEDIAL HEEL PIVOT

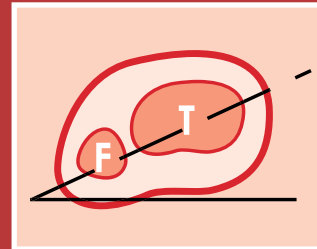


ABDUCTED FOREFOOT

MILDLY INVERTED HEEL ALIGNMENT



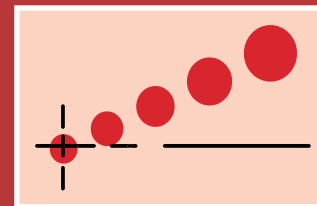
ABDUCTED TOE SIGN



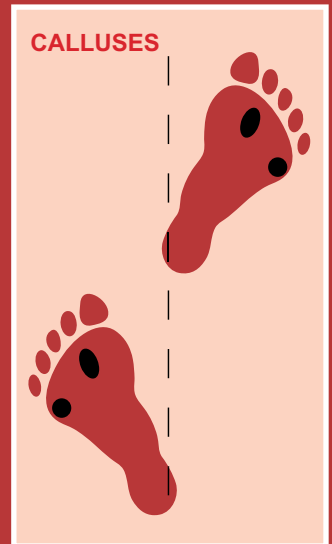
MILD INTERNAL TIBIAL/FIBULAR ROTATION



MEDIUM/LOW ARCH



VARUS FOREFOOT ALIGNMENT



CALLUSES

FOOT PROGRESSION ANGLE

- Narrow Heel Base Gait
- Restricted Subtalar Pronation
- Pivots at 5th MTH in Propulsion

For more information
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 please visit www.nolaro24.com
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 or call **877.792.4669**

KEY ORTHOTIC FEATURES

- Medial RF & FF Posting
- 5th MTH Cut-Out
- 1st MTH Relief
- Mild Medial Flare

The E+ Features:

- Increased arch support
- 2 degrees Increased RF posting
- FF Equinus correction



COMES IN 2 MODELS THE E AND THE E+

POSSIBLE CLINICAL SYMPTOMS

- Plantar Fasciitis / Heel Pain
- Shin Splints
- Knee Pain
- Tailor's Bunionette
- Calcaneal Apophysitis (Sever's Disease)
- Osgood-Schlatter Disease

*Great for Heel,
 Shin & Knee pain!*



Item Code	Description	Women's	Men's	Euro Size
Size 1	Type E - Adult Size 1	6.5 - 7.5	5 - 6	37 - 38
Size 2	Type E - Adult Size 2	8 - 9	6.5 - 7.5	39 - 40
Size 3	Type E - Adult Size 3	9.5 - 10.5	8 - 9	41 - 42
Size 4	Type E - Adult Size 4	11 - 12	9.5 - 10.5	43 - 44
Size 5	Type E - Adult Size 5	12.5 - 13	11 - 12	45 - 46

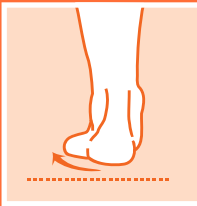
F

SEVERE PES PLANOVALGUS

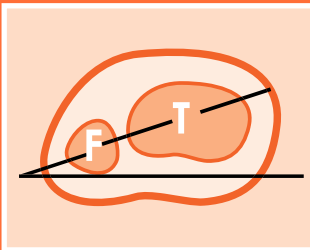
The Quad F foot-type is commonly referred to as a Pes Planovalgus foot deformity because of its very poor alignment to the floor. This is a true "flat foot." The condition occurs when a Compensated Rearfoot Varus is coupled with a large Flexible Forefoot Varus (also called Forefoot Supinatus).



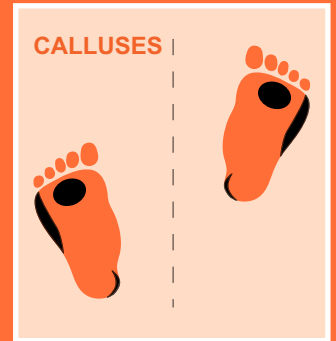
LATERAL COLUMN INSTABILITY



ABDUCTED TOE SIGN



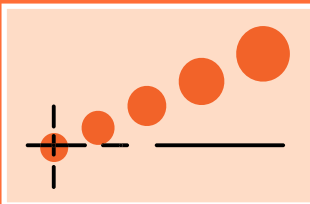
LARGE INTERNAL TIBIAL/FIBULAR ROTATION



FOOT PROGRESSION ANGLE



FLAT ARCH



VARUS FOREFOOT ALIGNMENT



EVERTED HEEL ALIGNMENT

LARGE TOE SIGN

- Pronates through Propulsion
- Severe MTJ Instability
- Propels from Central MTH's

For more information
 or to order **QUADRASTE[®]**
 please visit www.nolaro24.com
 or email info@nolaro24.com
 or call **877.792.4669**

KEY ORTHOTIC FEATURES

- Depth Orthosis Heel Cup
- Large Medial Skive
- Medial RF & FF Posting
- 1st MTH Cut-Out to assist Peroneal Functioning



REVERSE



POSSIBLE CLINICAL SYMPTOMS

- Posterior Tibial Tendon Dysfunction
- Tarsal Tunnel Syndrome
- Plantar Fasciitis
- Knee Valgus/DJD
- Subfibular Impingement
- HAV/Bunions
- Splayfoot

Item Code	Description	Women's	Men's	Euro Size
Size 1	Type F - Adult Size 1	6.5 - 7.5	5 - 6	37 - 38
Size 2	Type F - Adult Size 2	8 - 9	6.5 - 7.5	39 - 40
Size 3	Type F - Adult Size 3	9.5 - 10.5	8 - 9	41 - 42
Size 4	Type F - Adult Size 4	11 - 12	9.5 - 10.5	43 - 44
Size 5	Type F - Adult Size 5	12.5 - 13	11 - 12	45 - 46

Great for PTTD!

Introducing the Revolutionary

littleSTEPS®

foot orthotics for kids

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or call **877.792.4669**

KEY ORTHOTIC FEATURES

UCBL TYPE DESIGN:

- 30mm Heel Cup Depth
- Deep Medial and Lateral Flanges
- Medial RF Posting
- Medial Skive



REVERSE



POSSIBLE CLINICAL SYMPTOMS

- Developmental Flat Foot/Pes Planus
- Growing Pains
- Sever's Disease/Heel Pain
- Shin Pain
- Idiopathic Toe-In or Toe Walking Gait

**littleSTEPS™...
Big Results!**

Designed to:

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

SIZE	MODEL	U.S. KIDS	U.S. MEN	U.S. WOMEN	EURO
9	YOUTH/ADULT*	7.5 to 8.5	7.5 to 8.5	9 to 10	41 to 42
8	YOUTH/ADULT*	6 to 7	6 to 7	7.5 to 8.5	39 to 40
7	YOUTH/ADULT*	4.5 to 5.5	4.5 to 5.5	6 to 7	37 to 38
6	CHILDREN	3 to 4			35 to 36
5	CHILDREN	1.5 to 2.5			33 to 34
4	CHILDREN	13 to 1			31 to 32
3	CHILDREN	11.5 to 12.5			29 to 30
2	CHILDREN	10 to 11			27 to 28
1	TODDLER	8.5 to 9.5			25 to 26
0	TODDLER	7 to 8			23 to 24
00	TODDLER	5 to 6.5			21 to 22

*Youth sizes are roughly equivalent to Men's sizes in length.

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Introducing the Revolutionary

littleSTEPS®

gait plates for kids

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KEY ORTHOTIC FEATURES

UCBL TYPE DESIGN:

- 30mm Heel Cup Depth
- Extends laterally beyond MTH's 4 & 5
- Deep Medial and Lateral Flanges
- Medial RF Posting
- Medial Skive

littleSTEPS™...
Big Results!



POSSIBLE CLINICAL SYMPTOMS

- Idiopathic Toe-In Gait
- Growing Pains
- Sever's Disease/Heel Pain
- Shin Pain

SIZE	MODEL	U.S. KIDS	EURO
7	YOUTH/ADULT	4.5 to 5.5	37 to 38
6	CHILDREN	3 to 4	35 to 36
5	CHILDREN	1.5 to 2.5	33 to 34
4	CHILDREN	13 to 1	31 to 32
3	CHILDREN	11.5 to 12.5	29 to 30
2	CHILDREN	10 to 11	27 to 28
1	TODDLER	8.5 to 9.5	25 to 26
0	TODDLER	7 to 8	23 to 24
00	TODDLER	5 to 6.5	21 to 22

Designed to:

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

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QUADRASTEP SYSTEM® – Education

Take the **NEXT STEP**.... Learn more about the revolutionary **QUADRASTEP SYSTEM**® foot typing methods in one of our one or two day courses or 2 hour webinars.

The **QUADRASTEP SYSTEM**® is based on a clinical algorithm identifying 6 unique foot types. Each Quad has its own very specific foot and gait characteristics. A patient's foot type influences not only their gait, but the conditions that may effect them throughout their lives.

Participants will learn functional foot typing and gait analysis utilizing a simple 4-Step method of visual gait assessment. They will utilize our patented algorithm to learn the 24 variations of the "normal" adult foot, and protocols for classifying feet into 6 major subgroups or "Quads". This 4-Step Foot Typing method is quick and easy to learn and will offer the practitioner a biomechanically based approach to gait assessment and foot classification. The participant will learn that each "Quad" presents with specific foot traits, such as arch height, toe sign, callouses, and gait pattern; which can predispose a patient to a particular array of clinical conditions.

