



KEY ORTHOTIC FEATURES

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

POSSIBLE CLINICAL SYMPTOMS

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

SEVERE PES CAVUS



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.



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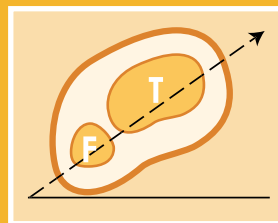
PROPELS FORCEFULLY FROM 1st METATARSAL



LARGELY INVERTED HEEL ALIGNMENT



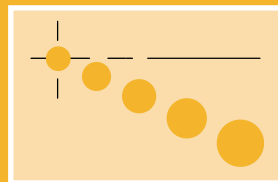
"PEEK-A-BOO" HALLUX



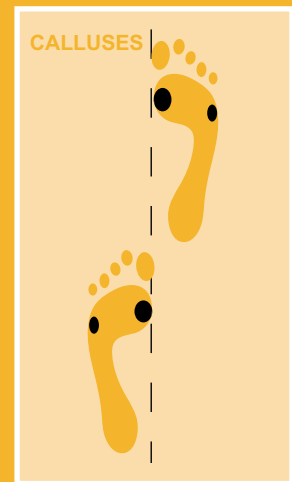
LARGE EXTERNAL TIBIAL/FIBULAR ROTATION



CAVUS/HIGH ARCH



VALGUS FOREFOOT ALIGNMENT



CALLUSES

FOOT PROGRESSION ANGLE

POSSIBLE SYMPTOMS

- Lateral Ankle Instability
- Peroneal Tendonitis
- Heel Pain
- 5th Met. Base Pressure
- Lower Back Pain
- Sesamoiditis, Hammer Toes
- Knee Recurvatum



KEY ORTHOTIC FEATURES

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

POSSIBLE CLINICAL SYMPTOMS

- Sesamoiditis
- 1st Ray Hypermobility
- Sacro-iliac Joint Pain
- Often unilateral, may be associated with leg length discrepancies

MILD PES PLANUS



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

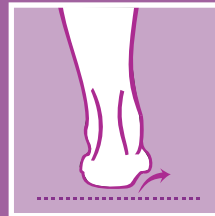


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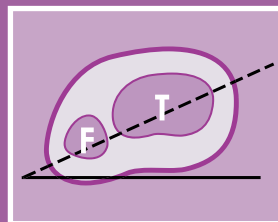
TOE IN GAIT



MILDLY INVERTED HEEL ALIGNMENT



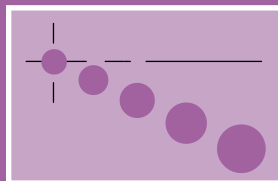
TOE IN



MILD-MODERATE INTERNAL TIBIAL/FIBULAR ROTATION



LOW-MEDIUM ARCH



VALGUS FOREFOOT ALIGNMENT



FOOT PROGRESSION ANGLE

POSSIBLE SYMPTOMS

- Sesamoiditis
- 1st Ray Hypermobility
- Sacro-iliac Joint Pain
- Often unilateral, may be associated with leg length discrepancies



KEY ORTHOTIC FEATURES

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

POSSIBLE CLINICAL SYMPTOMS

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

NEUTRAL FOOT



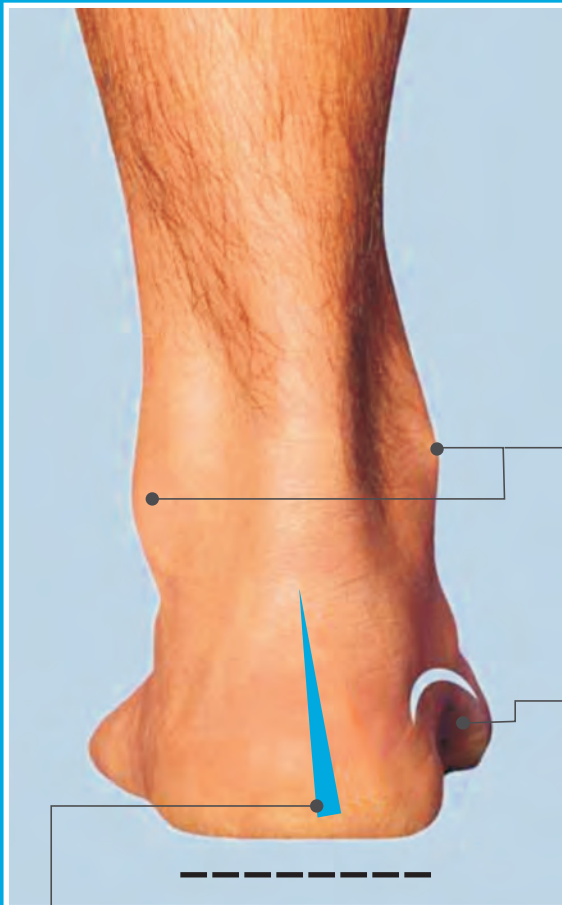
NEUTRAL FOOT

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.



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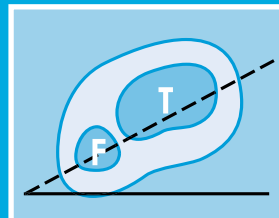
TOE OUT GAIT



MODERATELY INVERTED HEEL ALIGNMENT



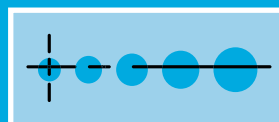
"FALSE" TOE SIGN



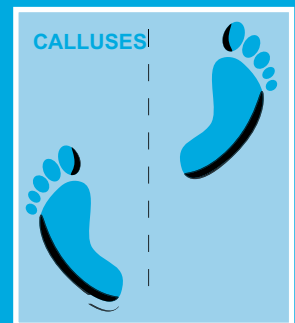
NORMAL EXTERNAL TIBIAL/FIBULAR ROTATION



MEDIUM ARCH



NORMAL FOREFOOT ALIGNMENT



CALLUSES

FOOT PROGRESSION ANGLE

POSSIBLE SYMPTOMS

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



KEY ORTHOTIC FEATURES

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

POSSIBLE CLINICAL SYMPTOMS

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

MODERATE PES PLANUS



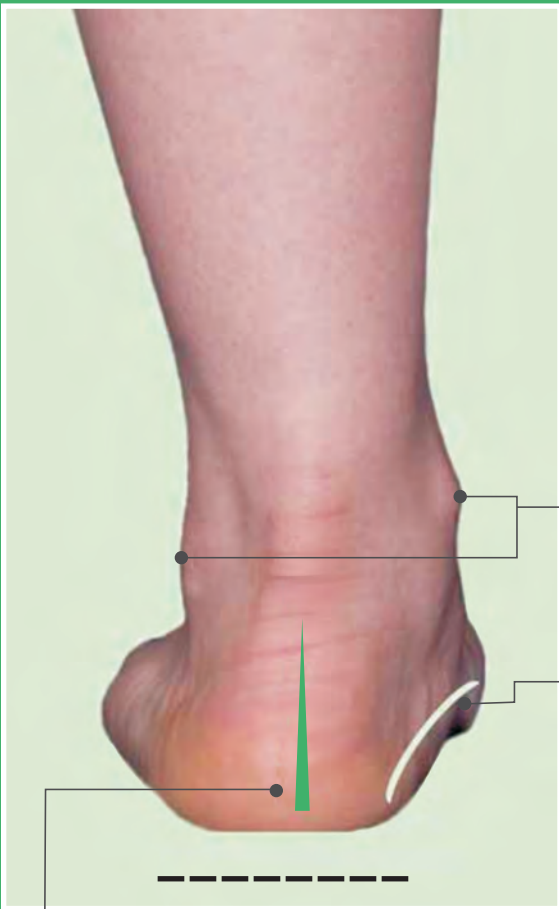
MODERATE PES PLANUS

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.

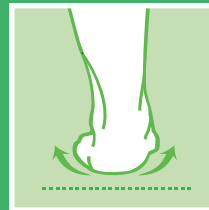


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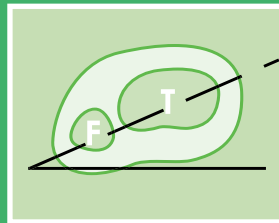
PROPELS OFF 2ND & 3RD METATARSAL (DUE TO TRANSVERSE METATARSAL ARCH REVERSAL)



VERTICAL HEEL ALIGNMENT



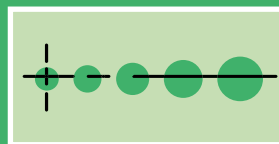
NEUTRAL TOE SIGN



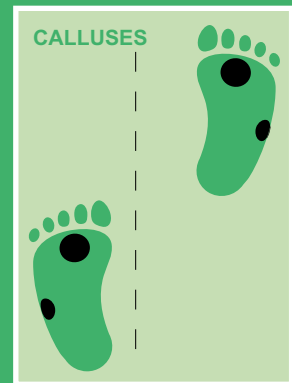
MODERATE INTERNAL TIBIAL/FIBULAR ROTATION



LOW ARCH



NEUTRAL FOREFOOT ALIGNMENT



CALLUSES

FOOT PROGRESSION ANGLE

POSSIBLE SYMPTOMS

- Plantar Fasciitis
- Metatarsalgia
- Functional Hallux Limitus
- Patellofemoral Pain Synd.
- Posterior Tibial Tendonitis
- Neuromas
- Hallux Limitus



KEY ORTHOTIC FEATURES

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

POSSIBLE CLINICAL SYMPTOMS

- Shin Splints
- Plantar Fasciitis
- Tailor's Bunionette
- Cuboid Syndrome
- Medial Knee Pain

ABDUCTOVARUS FOREFOOT

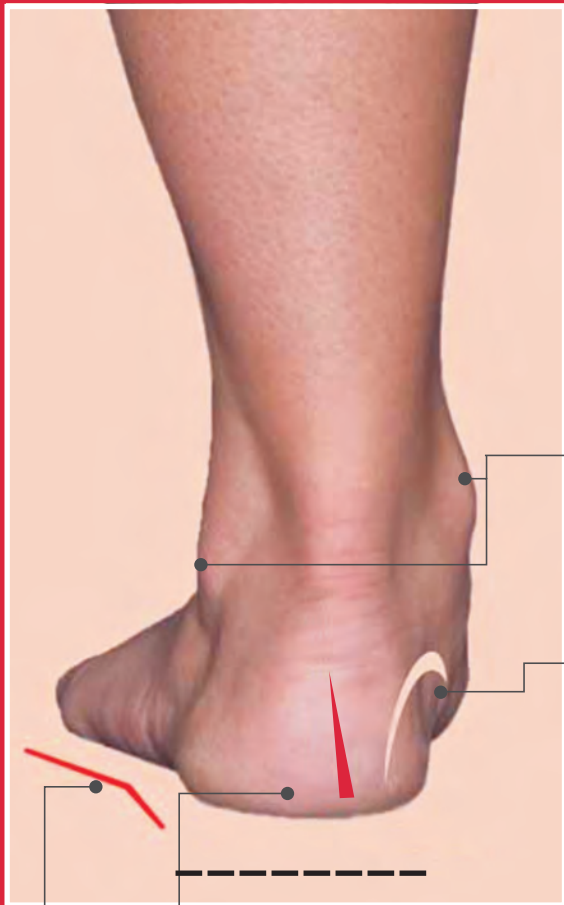


ABDUCTOVARUS FOREFOOT

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.



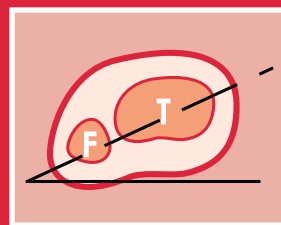
MEDIAL HEEL PIVOT



MILDLY INVERTED HEEL ALIGNMENT
ABDUCTED FOREFOOT



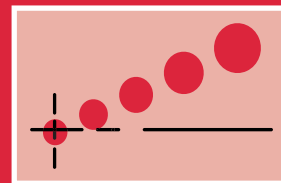
ABDUCTED TOE SIGN



MILD INTERNAL
TIBIAL/FIBULAR ROTATION



MEDIUM/LOW ARCH



VARUS FOREFOOT
ALIGNMENT



CALLUSES
FOOT PROGRESSION
ANGLE

POSSIBLE SYMPTOMS

- Shin Splints
- Plantar Fasciitis
- Tailor's Bunionette
- Cuboid Syndrome
- Medial Knee Pain



KEY ORTHOTIC FEATURES

- Deep Heel Cup
- Large Medial Skive
- Medial RF & FF Posting
- 1st MTH Cut-Out to assist Peroneal Functioning
- Ideal for Posterior Tibial Tendon Dysfunction



POSSIBLE CLINICAL SYMPTOMS

- Posterior Tibial Tendon Dysfunction
- Tarsal Tunnel Syndrome
- Plantar Fasciitis
- Patellofemoral Pain Syndrome
- Subfibular Impingement
- Hallux Valgus/Bunion
- Splayfoot

SEVERE PES PLANOVALGUS



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

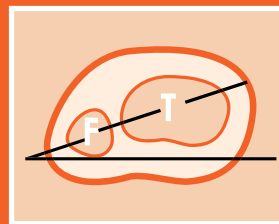


LARGE TOE SIGN

EVERTED HEEL ALIGNMENT



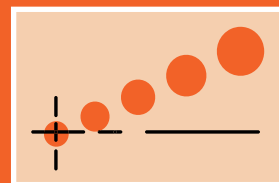
ABDUCTED TOE SIGN



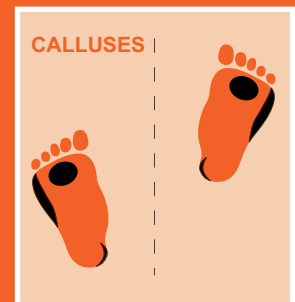
LARGE INTERNAL TIBIAL/FIBULAR ROTATION



FLAT ARCH



VARUS FOREFOOT ALIGNMENT



FOOT PROGRESSION ANGLE

POSSIBLE SYMPTOMS

- Posterior Tibial Tendon Dysfunction
- Tarsal Tunnel Syndrome
- Plantar Fasciitis
- Patellofemoral Pain Syndrome
- Subfibular Impingement
- Hallux Valgus/Bunion
- Splayfoot

A SEVERE PES CAVUS

GAIT

"PEEK-A-BOO" HALLUX

PROPELS FORCEFULLY FROM 1st METATARSAL

TIBIAL/FIBULAR ROTATION LARGE EXTERNAL

CALLUSES

CAVUS/HIGH ARCH

FOOT PROGRESSION ANGLE

LARGELY INVERTED HEEL ALIGNMENT

VALGUS FOREFOOT ALIGNMENT

POSSIBLE SYMPTOMS

- Lateral Ankle Instability
- Peroneal Tendonitis
- Heel Pain
- 5th Met. Base Pressure
- Lower Back Pain
- Sesamoiditis, Hammer Toes
- Knee Recurvatum

B MILD PES PLANUS

GAIT

TOE IN

TOE IN GAIT

MILD-MODERATE INTERNAL TIBIAL/FIBULAR ROTATION

CALLUSES

LOW-MEDIUM ARCH

FOOT PROGRESSION ANGLE

MILDLY INVERTED HEEL ALIGNMENT

VALGUS FOREFOOT ALIGNMENT

POSSIBLE SYMPTOMS

- Sesamoiditis
- 1st Ray Hypermobility
- Sacro-Iliac Joint Pain
- Often unilateral, may be associated with leg length discrepancies

C NEUTRAL FOOT

GAIT

"FALSE" TOE SIGN

TOE OUT GAIT

NORMAL EXTERNAL TIBIAL/FIBULAR ROTATION

CALLUSES

FOOT PROGRESSION ANGLE

MEDIUM ARCH

POSSIBLE SYMPTOMS

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

MODERATELY INVERTED HEEL ALIGNMENT

NORMAL FOREFOOT ALIGNMENT

D MODERATE PES PLANUS

GAIT

NEUTRAL TOE SIGN

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

CALLUSES

FOOT PROGRESSION ANGLE

MODERATE INTERNAL TIBIAL/FIBULAR ROTATION

LOW ARCH

VERTICAL HEEL ALIGNMENT

NEUTRAL FOREFOOT ALIGNMENT

POSSIBLE SYMPTOMS

- Plantar Fasciitis
- Metatarsalgia
- Functional Hallux Limitus
- Patellofemoral Pain Synd.
- Posterior Tibial Tendonitis
- Neuromas
- Hallux Limitus

E ABDUCTOVARUS FOREFOOT

GAIT

ABDUCTED TOE SIGN

MEDIAL HEEL PIVOT

POSSIBLE SYMPTOMS

CALLUSES

MILD INTERNAL TIBIAL/FIBULAR ROTATION

FOOT PROGRESSION ANGLE

MEDIUM/LOW ARCH

POSSIBLE SYMPTOMS

- Shin Splints
- Plantar Fasciitis
- Tailor's Bunions
- Cuboid Syndrome
- Medial Knee Pain

MILDLY INVERTED HEEL ALIGNMENT

ABDUCTED FOREFOOT

VARUS FOREFOOT ALIGNMENT

F SEVERE PES PLANOVALGUS

GAIT

ABDUCTED TOE SIGN

LATERAL COLUMN INSTABILITY

CALLUSES

FOOT PROGRESSION ANGLE

LARGE INTERNAL TIBIAL/FIBULAR ROTATION

FLAT ARCH

POSSIBLE SYMPTOMS

- Posterior Tibial Tendon Dysfunction
- Tarsal Tunnel Syndrome
- Plantar Fasciitis
- Patellofemoral Pain Syndrome
- Subfibular Impingement
- Hallux Valgus/Bunion
- Splayfoot

LARGE TOE SIGN

EVERTED HEEL ALIGNMENT

VARUS FOREFOOT ALIGNMENT