

QUADRASTEP® SYSTEM

A

SEVERE PES CAVUS

GAIT
Propels forcefully from 1st Metatarsal

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

LARGE EXTERNAL TIBIAL/FIBULAR ROTATION

CAVUS / HIGH ARCH

LARGELY INVERTED HEEL ALIGNMENT

VALGUS FOREFOOT ALIGNMENT

CALLUSES

FOOT PROGRESSION ANGLE

B

KEY ORTHOTIC FEATURES

- Lateral 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, HAV, Hammer Toes
- Knee Recurvatum

B

MILD PES PLANUS

GAIT
Toe In Gait

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

MILD-MODERATE INTERNAL TIBIAL/FIBULAR ROTATION

LOW-MEDIUM ARCH

MILDLY INVERTED HEEL ALIGNMENT

VALGUS FOREFOOT ALIGNMENT

CALLUSES

FOOT PROGRESSION ANGLE

B

KEY ORTHOTIC FEATURES

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

POSSIBLE CLINICAL SYMPTOMS

- Neuromas
- Sesamoiditis
- May occur with leg length discrepancies
- 1st Ray Hypermobility
- Sacro-iliac Pain
- Often Unilateral*

* Contact us for more information on our mis-match program.

C

NEUTRAL FOOT

GAIT
Toe Out Gait

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

NORMAL EXTERNAL TIBIAL/FIBULAR ROTATION

MEDIUM ARCH

MODERATELY INVERTED HEEL ALIGNMENT

NORMAL FOREFOOT ALIGNMENT

CALLUSES

FOOT PROGRESSION ANGLE

C

KEY ORTHOTIC FEATURES

- Neutral RF Posting
- Medium Arch
- Standard Depth

Great for Hip & Back Pain!

POSSIBLE CLINICAL SYMPTOMS

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

D

MODERATE PES PLANUS

GAIT
Propels off 2nd and 3rd Metatarsal (due to Transverse Metatarsal Arch Reversal)

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

MODERATE INTERNAL TIBIAL/FIBULAR ROTATION

LOW ARCH

VERTICAL HEEL ALIGNMENT

NEUTRAL FOREFOOT ALIGNMENT

CALLUSES

FOOT PROGRESSION ANGLE

D

KEY ORTHOTIC FEATURES

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

POSSIBLE CLINICAL SYMPTOMS

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

E

ABDUCTOVARUS FOREFOOT

GAIT
Medial Heel Whip

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

MILD INTERNAL TIBIAL/FIBULAR ROTATION

MEDIUM-LOW ARCH

ABDUCTED FOREFOOT

MILDLY INVERTED HEEL ALIGNMENT

VARUS FOREFOOT ALIGNMENT

CALLUSES

E

KEY ORTHOTIC FEATURES

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

POSSIBLE CLINICAL SYMPTOMS

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

F

SEVERE PES PLANOVALGUS

GAIT
Lateral Column Instability

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

LARGE INTERNAL TIBIAL/FIBULAR ROTATION

FLAT ARCH

LARGE TOE SIGN

EVERTED HEEL ALIGNMENT

VARUS FOREFOOT ALIGNMENT

CALLUSES

F

KEY ORTHOTIC FEATURES

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

POSSIBLE CLINICAL SYMPTOMS

- Posterior Tibial Dysfunction
- Tarsal Tunnel Syndrome
- Plantar Fasciitis
- Patellofemoral Pain Syndrome
- Subfibular Impingement
- Hallux Limitus
- Splayfoot

LEFT FEET SHOWN ABOVE

877.792.4669

thequadrastepsystem.com

QUADRASTEP® SYSTEM
is a product of
NOLARO²⁴ LLC
the alternative to custom orthotics

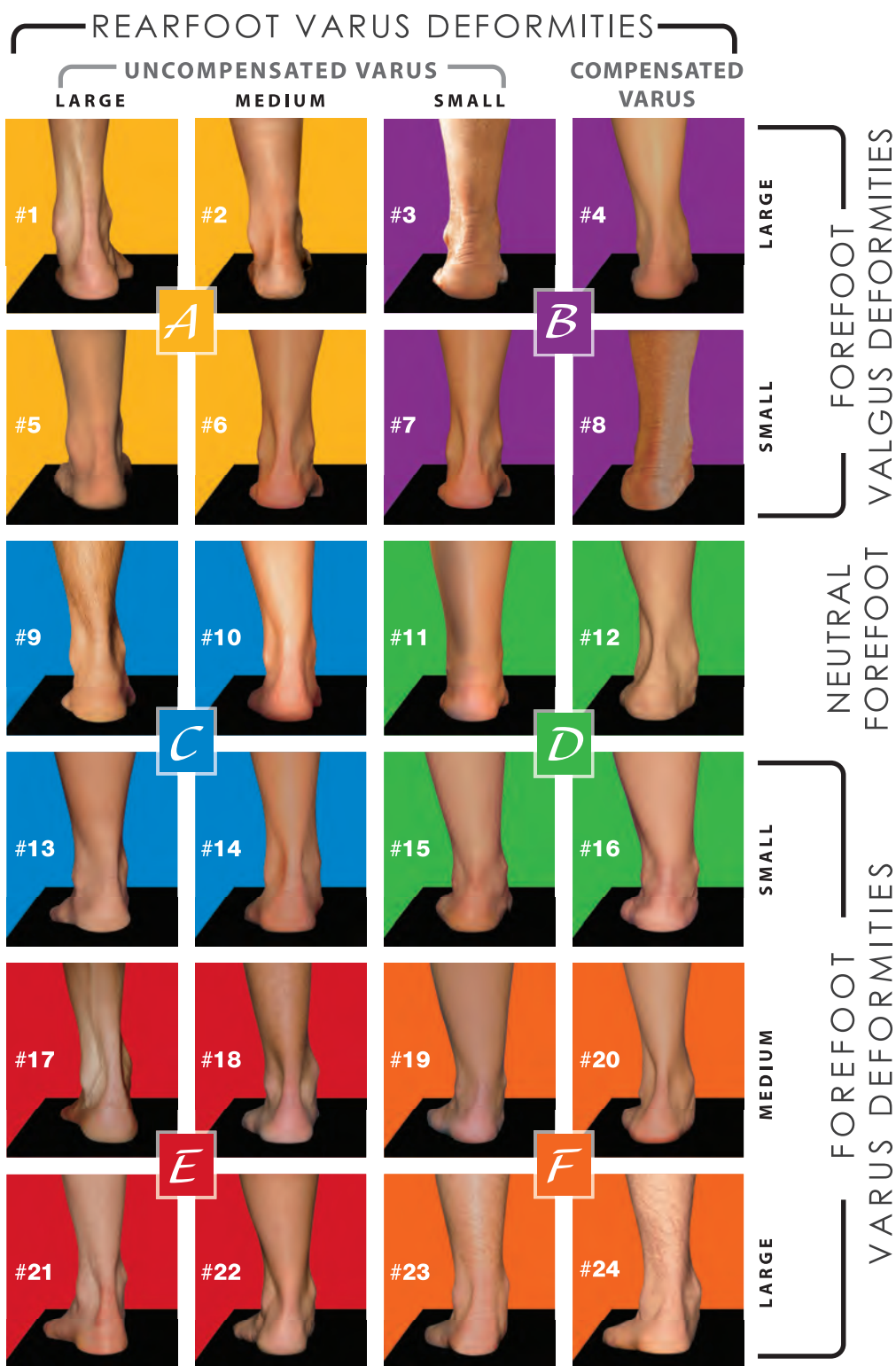
QUADRASTEP[®] SYSTEM

The QUADRASTEP[®] SYSTEM is based on a clinical algorithm* identifying 24 unique foot types. These 24 foot-types are subdivided into 6 groupings of 4, known as "Quads". Each Quad has its own very specific foot and gait characteristics.

Why treat all feet the same?

An individual's foot type (quad type) can influence not only how they walk, but the conditions and pathologies that may afflict them throughout their lives. Unlike other pre-fabricated orthoses that have a "one-shape-fits-all" limitation, the QUADRASTEP[®] SYSTEM offers a more tailored solution for each foot type.

24 FOOT-TYPE ASSESSMENT MODEL



U.S. PATENT #7789840

LEFT FEET SHOWN ABOVE

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QUADRASTEP[®] SYSTEM
is a product of
NOLAR[®] LLC