

# *QuadraStep System*®—Bridging the Orthotic Gap

Louis DeCaro, DPM, co-founder of the Nolaro24™ company's *QuadraStep System*,® likens foot types to “fingerprints,” in that “foot types demonstrate specific anatomical findings . . .” In 2008, Dr. DeCaro and Roberta Nole, CEO, joined together to patent Nole's 10 + years of research and refinement to implement a clinical algorithm that categorizes a patient's foot into one of 24 types. Subsequently, the *QuadraStep System* was born.

The *QuadraStep System* revolutionizes and bridges the gap between the be-labored process and expense of custom orthotics and the quick-fix of shoe-insert machines, which Dr. DeCaro points out, “usually lack adequate biomechanical support.”

The *QuadraStep System* uses a six sub-classification method, known as “Quads,” grouping four relatively similar foot types. The six Quads are lettered A through F and are color-coded for further classification.

**A Quad—Severe Pes Cavus, Gold**

**B Quad—Mild Pes Planus, Purple**

**C Quad—Neutral Foot, Blue**

**D Quad—Moderate Pes Planus, Green**

**E Quad—Abductovarus Forefoot, Red**

**F Quad—Severe Pes Planovalgus, Orange**

“A particular foot type will influence not only how one walks, but also tendencies towards certain conditions and pathologies,” says Dr. DeCaro.

This system makes it easy for podiatrists to learn and dispense because the packaging includes five of the most distinctive anatomical features used to differentially diagnose a Quad type, or as they are called “Q-Codes.” With the *QuadraStep System* podiatrists don't have the mess and cost of foot impressions, which are prone to error. These orthoses can be stocked in-house for a more immediate dispensing, and saves a fraction of the cost of traditional custom orthotics with accurate custom results!

“This *QuadraStep System* has given me the ‘OTC’ orthotic I have been looking for for years,” says PPMA Member Ken Kilgore, DPM, and customer of Nolaro24,™ LLC.

Dr. DeCaro and Roberta Nole didn't stop there. In 2011, Nolaro24™ introduced *littleSTEPS*® another revolutionary system that is an affordable alternative to custom orthoses. These foot orthotics for kids enable “early intervention and treatment of many musculoskeletal conditions common to children,” says Dr. DeCaro.

PPMA Member Ron Raducanu, DPM, says, “It is refreshing to see a product like *littleSTEPS* that offers good quality support such as deep heel cup, a rearfoot post, and high medial and lateral sides for better forefoot control in a non-custom product.”

Dr. DeCaro will be speaking at the Goldfarb Foundation’s Annapolis Conference, December 5-7, 2014, in Annapolis, MD. For more information about the *QuadraStep System*, visit [www.decaropodiatry.com](http://www.decaropodiatry.com) or [www.whatsmyfoottype.com](http://www.whatsmyfoottype.com).