WHY TREAT ALL FEET THE SAME?

The alternative to custom orthotics

The NEXT STEP in Foot Orthotic Design For the Entire Family

Prefabricated Custom To Foot Type Orthotics

foot orthotics for kids
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

Severe Pes Cavus  Mild Pes Planus  Neutral Foot  Moderate Pes Planus  Abductovarus Forefoot  Severe Pes Planovalgus

visit www.nolaro24.com • email education@nolaro24.com • Call 877-792-4669
THE QUADRASSTEP SYSTEM

SEVERE PES CAVUS

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

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

KEY ORTHOTIC FEATURES
- Lateral Forefoot Posting
- 1st MTH Cut-Out
- Deep Lateral Heel Cup
- Equinus Correction

Gait: Propels forcefully from 1st Metatarsal

LARGELY INVERTED HEEL ALIGNMENT
LARGE TALAR TIBIAL ROTATION
LARGE LONG ARCH
GAIT

MILD PES PLANUS

- Pronates through Mid-stance
- Re-supinates in Propulsion
- Props off 1st and 2nd MTHs

POSSIBLE CLINICAL SYMPTOMS
- Toe-In Gait
- Neuromas
- Sesamoids
- 1st Ray Hypermobility
- Scape-Wrap Pain
- Often Unilateral II Associated with Leg Length Inequality

KEY ORTHOTIC FEATURES
- Medial RF Posting
- Intrinsic Lateral FF Posting
- Mild Medial Skive

Gait: toe in

LOW MODERATE TIBIAL TIBIAL ROTATION
LOW MODERATE ARCH
GAIT

C

NEUTRAL FOOT

- Neutral Shock Attenuation
- Restricted STJ Pronation
- Props off Medial Hallux

POSSIBLE CLINICAL SYMPTOMS
- Hip Pain
- Lower Back Pain
- Iliotibial Band Syndrome
- Retrocalcaneal Heel Pain
- Haglund’s Deformity
- Medial Hallux Pinch Callus

KEY ORTHOTIC FEATURES
- Neutral RF Posting
- Medial Arch
- Standard Depth

Gait: Toe Out

MODERATELY INVERTED HEEL ALIGNMENT
MODERATE TIBIAL TIBIAL ROTATION
MEDIAL ARCH
GAIT

NEUTRAL FOOT

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

POSSIBLE CLINICAL SYMPTOMS
- Plantar Fasciitis
- Metatarsalgia
- Functional Hallux Limitus
- Patellofemoral Hallux Limitus
- Posterior Tibial Tendonitis
- Neuromas
- Dorsal Bunions

KEY ORTHOTIC FEATURES
- Deep Heel Cup
- Medial RF Posting
- Moderate Medial Skive
- Medial flare

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

MODERATE TIBIAL TIBIAL ROTATION
LOW MODERATE ARCH
GAIT

MEDIUM HEEL ALIGNMENT
MODERATE MEDIAL FLANGE
NEUTRAL FOOT ALIGNMENT

ABDUCTOVARUS FOREFOOT

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

POSSIBLE CLINICAL SYMPTOMS
- Plantar Fasciitis / Heel Pain
- Shin Splints
- Knee Pain
- Tailor's Bunionette
- Calcaneal Apophyseal (Sever’s Disease)
- Osgood-Schlatter Disease

KEY ORTHOTIC FEATURES
- Medial RF & FF Posting
- 5TH MTH Cut-Out
- 1st MTH Control
- Medial Flare/Flange

Gait: Medial Heel Whip

MEDIAL INVERTED HEEL ALIGNMENT
MEDIAL TIBIAL TIBIAL ROTATION
MEDIAL LOW ARCH
GAIT

 pop in

SEVERE PES PLANOVALGUS

- Pronates through Propulsion
- Severe MTJ Instability
- Props from Central MTHs

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

KEY ORTHOTIC FEATURES
- Depth Orthosis
- Large Medial Skive
- Medial RF & FF Posting
- 1st MTH Cut-Out to Peroneal Function

Gait: Lateral Column Instability

LARGE TALAR TIBIAL ROTATION
LARGE ARCH
GAIT

GAIT
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.

**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.

**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.

**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.

**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.

**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.

**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).
Step 1: Identify medial arch height
Step 2: Identify Toe-Sign
Step 3: Identify gait style
Step 4: Check against callus pattern

**Arch Height**
- High
- Medium - Low
- Medium
- Low
- Medium - Low
- Flat

**Toe-Sign**
- Externally rotated tibia/Adducted forefoot
- Internally rotated tibia/Adducted forefoot
- Normal externally rotated tibia/Straight forefoot
- Internally rotated tibia/Adducted forefoot
- Internally rotated tibia/Adducted forefoot
- Severe internal tibial rotation/Adducted forefoot

**Gait Style**
- Narrow Gait
- Toe-In Gait
- Toe-Out Gait
- Neutral Gait
- Medial Heel Pivot
- Large Central Met

**Callus Signs**
- 1st & 5th MTH
- 1st & 2nd MTH
- Medial Hallux
- 2nd MTH

**QuadraStep Model**
- A
- B
- C
- D
- E
- F
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.

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

Available in Regular and Narrow Widths, both with optional topcover
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, Claw Toes
- Knee Recurvatum

<table>
<thead>
<tr>
<th>Item Code</th>
<th>Description</th>
<th>Women’s</th>
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<th>Euro Size</th>
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<td>Type A - Adult Size 5</td>
<td>12.5 - 13</td>
<td>11 - 12</td>
<td>45 - 46</td>
</tr>
</tbody>
</table>

Great for Ankle Instability!
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.

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

Available in Regular and Narrow Widths, both with optional topcover
KEY ORTHOTIC FEATURES

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

POSSIBLE CLINICAL SYMPTOMS

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

<table>
<thead>
<tr>
<th>Item Code</th>
<th>Description</th>
<th>Women’s</th>
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<tr>
<td>Size 3</td>
<td>Type B - Adult Size 3</td>
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</tr>
<tr>
<td>Size 4</td>
<td>Type B - Adult Size 4</td>
<td>11 - 12</td>
<td>9.5 - 10.5</td>
<td>43 - 44</td>
</tr>
<tr>
<td>Size 5</td>
<td>Type B - Adult Size 5</td>
<td>12.5 - 13</td>
<td>11 - 12</td>
<td>45 - 46</td>
</tr>
</tbody>
</table>

Great for In-Toeing!
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.

- Poor Shock Attenuation
- Restricted STJ Pronation
- Propels off Medial Hallux
For more information or to order QUADRASTEPTM please visit www.nolaro24.com or email info@nolaro24.com 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

<table>
<thead>
<tr>
<th>Item Code</th>
<th>Description</th>
<th>Women’s</th>
<th>Men’s</th>
<th>Euro Size</th>
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<td>Type C - Adult Size 3</td>
<td>9.5 - 10.5</td>
<td>8 - 9</td>
<td>41 - 42</td>
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<tr>
<td>Size 4</td>
<td>Type C - Adult Size 4</td>
<td>11 - 12</td>
<td>9.5 - 10.5</td>
<td>43 - 44</td>
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<tr>
<td>Size 5</td>
<td>Type C - Adult Size 5</td>
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<td>12.5 - 14</td>
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</tr>
</tbody>
</table>

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.

- Vertical Heel Alignment
- Moderate Internal Tibial/Fibular Rotation
- Low Arch
- Neutral Forefoot Alignment
- Neutral Toe Out
- Pronation through Midstance
- Midtarsal Joint Instability

Available in Regular and Narrow Widths, both with optional topcover
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
- Dorsal Bunions

<table>
<thead>
<tr>
<th>Item Code</th>
<th>Description</th>
<th>Women's</th>
<th>Men's</th>
<th>Euro Size</th>
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<tbody>
<tr>
<td>Size 1</td>
<td>Type C - Adult Size 1</td>
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<td>5 - 6</td>
<td>37 - 38</td>
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<td>Size 2</td>
<td>Type C - Adult Size 2</td>
<td>8 - 9</td>
<td>6.5 - 7.5</td>
<td>39 - 40</td>
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<tr>
<td>Size 3</td>
<td>Type C - Adult Size 3</td>
<td>9.5 - 10.5</td>
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<td>Type C - Adult Size 4</td>
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<td>Type C - Adult Size 6</td>
<td>14 - 15.5</td>
<td>12.5 - 14</td>
<td>47 - 49</td>
</tr>
</tbody>
</table>

Great for Plantar Foot Pain!
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.

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

Available in Regular and Narrow Widths, both with optional topcover
KEY ORTHOTIC FEATURES

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

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

The E+ Features:

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

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   |

For more information
or to order QUADRASTEP®
please visit www.nolaro24.com
or email info@nolaro24.com
or call 877.792.4669

Great for Heel, Shin & Knee pain!
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).

Available in Regular and Narrow Widths, both with optional topcover
KEY ORTHOTIC FEATURES

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

POSSIBLE CLINICAL SYMPTOMS

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

<table>
<thead>
<tr>
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<td>43 - 44</td>
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<tr>
<td>Size 5</td>
<td>F - Adult Size</td>
<td>12.5 - 13</td>
<td>11 - 12</td>
<td>45 - 46</td>
</tr>
</tbody>
</table>

Great for PTTD!
Introducing the Revolutionary littleSTEPS®
foot orthotics for kids

KEY ORTHOTIC FEATURES

UCBL TYPE DESIGN:
• 30mm Heel Cup Depth
• Deep Medial and Lateral Flanges
• Medial RF Posting
• Medial Skive

POSSIBLE CLINICAL SYMPTOMS
• Developmental Flat Foot/Pes Planus
• Growing Pains
• Sever’s Disease/Heel Pain
• Shin Pain
• Idiopathic Toe-In or Toe Walking Gait

<table>
<thead>
<tr>
<th>SIZE</th>
<th>MODEL</th>
<th>U.S. KIDS</th>
<th>U.S. MEN</th>
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<tr>
<td>TODDLER</td>
<td>5 to 6.5</td>
<td>27 to 28</td>
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</table>

Youth sizes are roughly equivalent to Men’s sizes in length.

Designated 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

visit www.nolaro24.com • email info@nolaro24.com • Call 877-792-4669
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

POSSIBLE CLINICAL SYMPTOMS

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

<table>
<thead>
<tr>
<th>SIZE</th>
<th>MODEL</th>
<th>U.S. KIDS</th>
<th>EURO</th>
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<td>CHILDREN</td>
<td>10 to 11</td>
<td>27 to 28</td>
</tr>
<tr>
<td>3</td>
<td>CHILDREN</td>
<td>11.5 to 12.5</td>
<td>29 to 30</td>
</tr>
<tr>
<td>4</td>
<td>CHILDREN</td>
<td>13 to 1</td>
<td>31 to 32</td>
</tr>
<tr>
<td>5</td>
<td>CHILDREN</td>
<td>1.5 to 2.5</td>
<td>33 to 34</td>
</tr>
<tr>
<td>6</td>
<td>CHILDREN</td>
<td>3 to 4</td>
<td>35 to 36</td>
</tr>
<tr>
<td>7</td>
<td>YOUTH/ADULT</td>
<td>4.5 to 5.5</td>
<td>37 to 38</td>
</tr>
</tbody>
</table>

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® Starter Kits

Includes: Waiting Room Brochure Holder with brochures

Includes:
- Every size and Quad (38 Pairs) in a convenient 6 drawer cart
- Educational Poster
- Marketing Materials
- FREE Training Webinar

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.

For more information regarding the Quadrastep System Fit Kit please contact us at 877.792.4669

If you would like to see the Quadrastep System demonstrated by one of our sales team please contact our customer services team to arrange an appointment.

NOLARO24 Llc
80 Turnpike Drive
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Middlebury, CT 06762

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