

1 DAY COURSE REGISTRATION

Name: _____

Credentials: _____

Office Name: _____

Address: _____

Phone: Day _____

Cell _____

E-mail: _____

Course City: Orange, CT

Course Date: December 11, 2021

Course Fee: **\$250**

Make Checks payable to Nolaro24, LLC, or tuition
may be charged to:

Check one:

MC Visa Discover Amex

Acct#: _____

Exp. Date: _____ 3 digit sec. code: _____

Billing street#: _____ Billing Zip: _____

Signature: _____

Let us know if you have specialized needs.

Nolaro24, LLC reserves the right to cancel a course
due to insufficient enrollment. Course fees, in this
event, will be refunded.

Please return this form to:

Nolaro24, LLC

80 Turnpike Drive, Unit 2

Middlebury, CT 06762

or fax to: 203.758.1011

Email: casey@nolaro24.com

REGISTER ONLINE: nolaro24.com/education

INSTRUCTOR BIO

Roberta Nole, MA, PT, C.Ped

President, Chief Product Developer

Roberta Nole is owner of Stride™, Inc. Custom Foot Orthotics, Stride Physical Therapy & Pedorthic Center, and Nolaro24™, LLC (Middlebury, CT). She is a graduate of the University of Scranton; the University of Connecticut; and received her training in Pedorthics at Northwestern University through the Board for Certification in Pedorthics and is credentialed by ABC.

Roberta Nole is the inventor of the 24 foot-typing algorithm. Since 1989 she has specialized in biomechanical gait examination and rehabilitation of the foot and ankle. She has developed an educational training program entitled *Clinical Analysis of 24 Adult Foot Types*. Nole's basic and advanced level educational programs are based on her original technology. She lectures nationally on her foot classification methodology, including the utilization of visual weight bearing assessment and video gait analysis. She is a member in good standing of the American Physical Therapy Association, and the Pedorthic Footwear Association.

Take the Mystery out of Gait: 4 Simple Steps to Becoming an Expert

1 DAY PROGRAM

7.5 CONTACT HOURS



For more information call
860.480.0475
or email
casey@nolaro24.com

Ronai PT & Sports Medicine, LLC

400 Boston Post Rd., Orange CT, 06477

December 11, 2021

NOLARO²⁴™
LLC
CONTINUING EDUCATION

nolaro24.com • info@nolaro24.com

1 DAY COURSE DESCRIPTION

This course will be a live program utilizing lecture and lab with plenty of demonstration and hands-on practice.

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. A patient's foot-type (quad-type) influences not only their gait, but the conditions that may afflict them throughout their lives.

This one-day program examines pathological gait conditions, resulting from the occurrence of rearfoot varus deformities (compensated and uncompensated), forefoot varus and forefoot valgus deformities, as well as their combined effects. The student will learn to perform visual static and dynamic gait analysis, interpreting key weight-bearing compensations, in order to differentially interpret a patient's foot type. Students are taught how to implement the QUADRASTEP SYSTEM® algorithmic process to classify an individual's foot into one of 6 major foot, or "Quad", types. Students will come to understand how the specific gait sequencing of each foot type may predispose an individual to a certain set of pathologies.

This updated program provides an in-depth review of the 6 main foot types (Quads) in greater detail than has ever been provided before, including a review of individual case studies. The new material and course format provides a comprehensive introduction to practitioners who are new to the QUADRASTEP SYSTEM® while still being suitable and providing new material for anyone who has attended our classes previously.

This course provides the attendee an over-view of normal and pathological foot biomechanics, an introduction to a simple, inexpensive method of video gait analysis and a common sense approach to foot orthotic selection and design. It includes reviewing the normal development of a child's foot, as well as Developmental Flat Foot and torsional deformities in children.

1 DAY COURSE OBJECTIVES

The 6 major adult foot-types will be presented in detail with their typical clinical conditions and how each foot-type may correlate specific rehabilitation goals.

- * Foot Biomechanics Review presented in a way that is simple easy to understand
- * Rearfoot Deformities: Compensated vs Uncompensated and what that really means
- * Forefoot Deformities: Varus and Valgus
- * Simple Video Gait analysis
- * Clinical Conditions by Foot Type
- * Orthotic Selection Process and Prescription
- * A Review of Individual Case Studies

Lab sessions will include foot-typing fellow students and actual fitting of Quad specific pre-fabricated functional foot orthoses. At the conclusion of this program, each participant will have a detailed comprehension of assessment of foot-type, without the need for complicated goniometric measurements. The student will leave this program skilled in a more functional approach to foot and gait assessment, allowing them to return to their clinic with the ability to offer their patients a more immediate and cost effective orthotic solution.

This course will be a live program utilizing lecture and lab with plenty of demonstration and hands-on practice.

Nolaro24, LLC reserves the right to cancel any course for insufficient enrollment, inclement weather or any other unforeseen event. Ratio Participant to Presenter (hands on workshop) no more than 15:1

WHO SHOULD ATTEND?

Our education program offers instruction for practitioners with any level of experience in foot evaluation. Our One Day program provides basic instruction in assessment of 6 major foot types, and explores an alternative concept of pre-fabricated orthotic solutions by foot type.

1 DAY COURSE AGENDA

7:45 – 8:00	Sign-In
8:00 – 9:00	Development of the adult foot and age specific orthotic protocols for the pediatric patient, includes a review of foot anatomy, foot function and the gait cycle.
9:00 – 10:15	Rearfoot Deformities: Compensated vs. Uncompensated Definitions and clinical presentation of various forms of rearfoot varus deformities and their effect on gait. Practical session at end.
10:15 -10:30	Break
10:30-11:30	Forefoot Deformities: An overview of Forefoot Varus and Valgus deformities and their effect on gait.
11:30 – 12:00	Introduction to static weight- bearing assessment - Practical
12:00 – 1:00	Lunch (on your own)
1:00 – 2:30	Clinical Analysis of 6 pathological foot-types: For each foot-type, the following will be reviewed: Key foot attributes and morphology Gait characteristics Callus Patterns Clinical Symptoms Orthotic design and treatment goals
2:30 – 3:00	A Review of Individual Case Studies
3:00 – 3:15	Break
3:15 – 5:00	Lab: Foot - typing and orthotic fitting Participants will learn a simple 4 step method of foot classification. Working in groups, attendees will identify each participant's foot-type and learn to accurately fit and dispense pre - fabricated functional foot orthoses.
5:00 – 5:15	Course Review and Certificates

