

INSTRUCTOR BIOS

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.

Kylie Pearce, B.Sc (Podiatry), C.Ped

Kylie Pearce is an Australian trained Podiatrist and a US trained and Certified Pedorthist, with the American Board for Certification in Orthotics, Prosthetics and Pedorthics, Inc.

Kylie graduated from Curtin University, Western Australia in 1994 with a degree in Podiatry and has over 12 years experience in private Podiatry practice in Australia. At one point she owned 4 practices in Australia and employed other Podiatrists and is an experienced Podiatry mentor and public speaker.

Kylie has been working with the QuadraStep System since February 2013. She is a practicing podiatrist in Australia and speaks internationally on functional foot typing and foot biomechanics. She is on Nolaro24's Educational Board of Directors and teaches Nolaro24's West Coast Events.

Mastering Gait Analysis and Orthotic Solutions

PART OF THE 2020
BIOMECHANICAL WEBINAR SERIES
 1.5 CONTACT HOURS

A SEVERE PES CAVUS

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

KEY ORTHOTIC FEATURES

- Lateral Forefoot Posting
- 1st MTH Cut-Out
- Deep Lateral Heel Cup
- Equinus Correction
- Good for Heel Instability

POSSIBLE CLINICAL SYMPTOMS

- Lateral Ankle Instability
- Plantar Tendinitis
- Shin Pain
- 1st Metatarsal Bone Pressure
- Lateral Heel Pain
- Sacrospinous, Clavus Toes
- Knee Recurvatum

B MILD PES PLANUS

- Promotes through Mid-Stance
- Promotes in Front-Load
- Propels off 1st and 2nd MTs

KEY ORTHOTIC FEATURES

- Medial IF Posting
- Medial Lateral IF Posting
- Mild Medial Skive
- Good for 3rd-5th Toes

C NEUTRAL FOOT

- Poor Shock Attenuation
- Promotes TT Proximal
- Propels off Medial Tibia

KEY ORTHOTIC FEATURES

- Neutral IF Posting
- Medium Arch
- Standard Depth
- Good for Heel and Heel Pain

POSSIBLE CLINICAL SYMPTOMS

- Hip Pain
- Lower Back Pain
- Medial Knee Syndrome
- Patellofemoral Pain Syndrome
- Heel Pain
- Medial Heel Pinch Callus

D MODERATE PES PLANUS

- Promotes in Out
- Promotes through Mid-stance
- Medial Arch Instability

KEY ORTHOTIC FEATURES

- Deep Heel Cup
- Medial IF Posting
- Moderate Medial Skive
- Medial Flare
- Good for Plantar First Pain

E ABDUCTOR VARUS FOREFOOT

- Promotes in Out
- Promotes through Mid-stance
- Propels off 1st and 2nd MTs

KEY ORTHOTIC FEATURES

- Medial IF & IF Posting
- 1st MTH Cut-Out
- 1st MTH Control
- Medial Flare/Range
- Medial Flare/Range

POSSIBLE CLINICAL SYMPTOMS

- Plantar Tendinitis / Heel Pain
- Shin Pain
- Knee Pain
- 1st Toes Instability
- Calcaneal Apophysitis (Sever's Disease)
- Osprey-Scoliotic Disease

F SEVERE PES PLANOVALGUS

- Promotes through Propulsion
- Promotes in Propulsion
- Propels from Central MTs

KEY ORTHOTIC FEATURES

- Deep Outsole
- Large Medial Skive
- Medial IF & IF Posting
- 1st MTH Cut-Out to
- Proximal Flare
- Good for PFTM

Register online
nolaro24.com/education

877.792.4669

QUADRASTEP SYSTEM®
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COURSE DESCRIPTION

Mastering Gait Analysis and Orthotic Solutions

This webinar goes over detailed frame by frame video gait analysis on various foot types and covers recommended orthotic designs for each of those foot types including common foot pathologies and treatment goals. The instructor will review the intricate effect on gait that occurs when an Uncompensated (supinated) Rearfoot Varus, is coupled with either a Rigid Forefoot Varus, a Neutral Forefoot or a Forefoot Valgus. Plus a similar review is done when a Compensated (pronated) Rearfoot, is coupled with either a Forefoot Varus/Supinatus, a Neutral Forefoot or a Forefoot Valgus.

This webinar will explain the functional compensations that occur dynamically during contact, midstance and propulsive phases of gait; and the resultant pathologies that can occur as a consequence. It will compare and contrast the differences between a flexible forefoot supinatus, and a true (typically congenital) rigid forefoot varus. Plus what happens when there is a forefoot valgus. The instructor will explain why foot orthotics for some foot types will require extrinsic forefoot posting, as well as other specific orthotic design features necessary to control gait and balance the body at each segment of the gait cycle. The 3 'W' method of orthotic design is also explained. Plus some specific case studies are reviewed and common orthotic 'failures' are discussed.

Participants will be required to complete and submit a post webinar quiz and course evaluation for CEU eligibility.

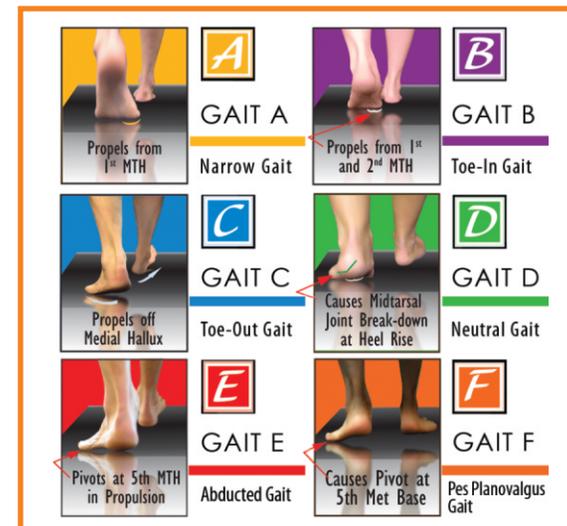
1 Hour Program plus .5 hour to complete the Quiz.

COURSE OBJECTIVES

- * Participants will learn the impact of an inverted calcaneal alignment (calcaneovarus) on the state of the forefoot and the midtarsal joint where subtalar joint pronation is limited or restricted.
- * Participants will learn the impact of an everted or vertical calcaneal alignment and common compensation methods including subtalar joint pronation.
- * Participants will learn about the functional differences between an acquired flexible forefoot supinatus and a rigid forefoot varus.
- * Participants will learn about the components of different foot types: Uncompensated or compensated rearfoot varus combined with either a forefoot varus, forefoot valgus or neutral forefoot.
- * Participants will gain a better understanding of how foot morphology dictates gait and therefore leads to a particular set of symptoms or pathology.
- * Participants will be able to understand the required components of an effective functional orthotic designed to address various foot types from a cavus foot through to a severe pes planovalgus foot and what athletic shoe features are most desirable for each foot type.

Nolaro24, LLC reserves the right to cancel any course for insufficient enrollment, inclement weather or any other unforeseen event.

CALL FOR MORE INFORMATION
877.792.4669



Get a Discount when you take other webinars in this series

\$75 Each
3 for \$150!