

Where can I get a pair of QUADRASTEP® Foot Orthoses?

Another advantage of the QUADRASTEP SYSTEM® is that your clinician will often have the orthoses in stock at their office, enabling them to dispense your orthoses the day of your evaluation. This avoids the typical delays encountered with a custom orthotic order that necessitates taking a mold of your feet, and a 3-4 week delay for fabrication and delivery. If your clinician does not have the appropriate QUADRASTEP® you need, it can be ordered and delivered to you in just days.

Can I wear the QUADRASTEP® foot orthoses in any shoe?

No. QUADRASTEP® orthoses are considered “functional”, meaning that they are deeper and more corrective than typical prefabricated arch supports. They function more closely to true custom orthoses versus lower profile arch supports. This means that they are designed for fit and use in athletic or casual-type footwear (ex: oxfords), and will not fit well into lower profile slip-on or heeled dress shoes.

How long do QUADRASTEP® foot orthoses last?

Depending on usage and body size, a pair of QuadraStep orthoses should last approximately 1-2 years.



SEE the **DIFFERENCE** for yourself!

Is there a break-in period?

Yes. Most patients will be able to gradually increase their wearing time over a 7-10 day period, starting first with normal activities of daily living and gradually working towards more strenuous activities, such as sports. It is recommended that all foot orthoses be worn with socks to avoid blisters.

Should I consider additional pairs of QUADRASTEP® orthoses?

This is entirely up to you. Most often, one pair of orthoses will suffice; however, having additional pairs offers the convenience of not having to move them from shoe to shoe.

For more information about the QUADRASTEP SYSTEM®
Visit our website at www.nolaro24.com
or ask your clinician.

QUADRASTEP
SYSTEM®
Prefabricated Custom To Foot Type Orthotics

Could your ankle, knee,
hip or back **PAIN** be
coming from your feet?



ENHANCE YOUR LIFE with our
REVOLUTIONARY family of
pre-fabricated foot orthoses

NOLARO²⁴LLC
the alternative to custom orthotics
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Why are my feet important?

To many, it may be obvious that flat feet are often the cause of foot pain. But, did you know that your foot structure, regardless of arch height, often contributes to common ailments such as shin, knee, hip or back pain? Your clinician can explain how properly balanced feet can dramatically improve your overall posture and strength in order to optimize your treatment outcomes and get you the results you deserve!

How are foot problems corrected?

The first step in addressing faulty foot mechanics is to determine the source of the problem. Some foot problems are acquired as a result of injury or pathology. Your clinician can determine what forms of treatment are most suitable for such situations. Treatment may involve stretching, strengthening, manipulation, medications, and possibly foot orthoses. Often, faulty foot mechanics are not the result of injury, but rather a congenital occurrence. Genetic studies now show that you may inherit your foot structure, just like you inherit your eye color, or other physical attributes. In such cases, foot orthoses can be the answer! Foot orthoses serve to optimize foot and ankle alignment. Since your feet are the foundation of your body, orthoses can also balance you lower extremities, pelvis and spine.



Are all foot orthoses the same?

No. Your genetic makeup dictates your foot type. There are a variety of foot types, but in general, all foot types can be sorted into six major categories. It is important to know exactly what foot type you have before orthoses are prescribed. Each foot orthosis should be designed specifically for your foot type. In many cases your left and right foot type may not be the same type, and you will need two different types of orthoses. For more involved conditions, a custom foot orthosis may be necessary. However, in most cases, the **QUADRATESTP SYSTEM®** of prefabricated foot orthoses may offer a more affordable solution to many problems.

What makes the QUADRATESTP SYSTEM® unique?

This patented foot orthotic system was founded on extensive research findings that have culminated in the optimal biomechanical correction for each type of foot. Unlike other prefabricated arch supports that have a "one-size-fits-all" limitation, this system offers 6 alternative **QUADRATESTP®** orthotic solutions that are specifically tailored to each of the 6 major foot types.

How do I know if I will benefit from foot orthoses?

As part of your treatment, your clinician may perform a lower extremity biomechanical assessment. This non-invasive examination typically involves a standing postural assessment, visual or digital gait analysis, and examination of your foot for calluses. The entire examination takes only 10-15 minutes and will allow your clinician to determine your foot type and how it may be contributing to your symptoms.

What are some of the most common conditions that may be treated by foot orthoses?

- ✓ Plantar Fasciitis (heel or arch pain)
- ✓ Metatarsalgia (pain in the ball of the foot)
- ✓ Neuromas & Tarsal Tunnel Syndrome (burning or tingling sensations)
- ✓ Toe Deformities (Bunions, hammertoes)
- ✓ Tendinitis
- ✓ Hip Bursitis
- ✓ Shin Splints
- ✓ Lower Back pain
- ✓ Knee Pain

