

1 DAY COURSE REGISTRATION

Name: _____

Credentials: _____

Office Name: _____

Address: _____

Phone: Day _____

Cell _____

E-mail: _____

Course City: _____

Course Date: _____

Course Fee: **\$225**

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

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.

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.

FUNCTIONAL GAIT ANALYSIS: THE QUADRASTEP® METHOD OF PRE-FABRICATED ORTHOTIC SELECTION BY FOOT TYPE

**1 DAY PROGRAM
7.5 CONTACT HOURS**



Check locations and dates online
thequadrastepsystem.com/education

877.792.4669

QUADRASTEP®
thequadrastepsystem.com

I DAY COURSE DESCRIPTION

The **QUADRASTEP® SYSTEM** is based on our patented 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. Unlike other pre-fabricated orthoses that have a “one-shape-fits-all” limitation, the **QUADRASTEP® SYSTEM** offer a more tailored solution to their foot type. 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 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. Lab sessions will include foot typing fellow students and actual fitting of pre-fabricated functional foot orthoses. At the conclusion of this program, each 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.

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.

I DAY COURSE OBJECTIVES

- ★ The student will identify the basic biomechanical principals of the foot and lower extremity as a function of gait, and recognize the affect pathological foot conditions have upon normal gait.
- ★ The student will be able to differentiate between a compensated and uncompensated rearfoot varus deformity and their affect on gait.
- ★ The student will demonstrate the ability to recognize the effect forefoot varus and valgus deformities have upon gait.
- ★ The student will demonstrate the ability to differentiate between common pathological foot types.
- ★ The student will recognize the relationship between pathomechanical foot types and various differentially diagnosed foot conditions.
- ★ The student will demonstrate the ability to recognize key weight-bearing compensations specific to rearfoot and forefoot deformities.
- ★ The student will demonstrate the ability to recognize specific foot types via visual foot inspection and gait observations.
- ★ The student will demonstrate the ability to select an appropriate orthosis for a patient from an inventory of functionally specific pre-fabricated choices; dispense that orthosis to that patient, and immediately evaluate the effectiveness of that correction.

877.792.4669
NOLARO²⁴™ LLC
 the alternative to custom orthotics

I DAY COURSE AGENDA

- 7:30-8:00 Sign in
 8:00-8:30 **Introduction to the 24 Adult Foot Type System**
 An overview of the clinical algorithm used to identify 24 adult foot types.
 8:30-10:15 **Rearfoot Varus Deformities: Compensated vs. Uncompensated**
 Definitions and clinical presentation of various forms of rearfoot varus deformities and their effect on gait.
 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
 12:00-1:00 Lunch (on your own)
 1:00 - 1:30 **Lab: Identification of Key Weight-Bearing Compensation Specific to Rearfoot and Forefoot Deformities**
 1:30-2:30 **Clinical Analysis of 6 Pathological Foot Types**
 For each foot type we will review Key foot attributes and morphology, Gait characteristics and video analysis, Callus patterns, Clinical symptoms and Orthotic design
 2:30-3:00 **Pediatric Flatfoot and Orthotic Intervention**
 Overview of genetic predisposition to developmental flat foot syndrome in children and when it is important to intervene with orthotic treatment.
 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, they will identify each participant's foot type and learn to accurately fit and dispense pre-fabricated orthoses using the **QUADRASTEP® SYSTEM**.
 5:00-5:15 **Course Review and Certificates**

