

QUADRASTEP[®] SYSTEM

Four simple steps to choosing a custom to foot type orthosis...

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.



A

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.



B

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.



C

NEUTRAL FOOT

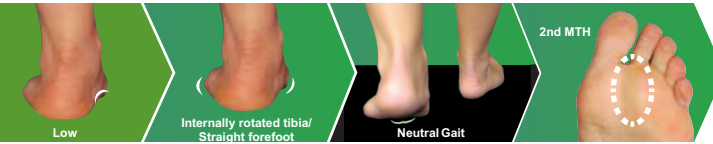
The Quad C foot type is sometimes referred to as a Subtle Pes Cavus foot or an under-pronator. This foot type exists when an Uncompensated Rearfoot Varus is coupled with a relatively neutral forefoot alignment. A key distinguishing feature of this foot-type is an obvious toe-out gait pattern.



D

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.



E

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.



F

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).

