

What are Foot Orthotics?

By definition, a foot orthotic is a non-surgical medical device made to control the way a foot functions. At the end of the day you have only one thing in mind - making your feet and overall body feel better. A properly manufactured foot orthotic inserted into your shoes will correct abnormalities in your biomechanical function, thus reducing pain, providing support, and relieving stress on joints and bones.

Foot pain is only ONE SYMPTOM of abnormal foot function! Keep in mind that foot orthotics not only alleviate foot pain but are effective in treating hip pain, lower back pain, and knee pain that are a result of mal-alignments in the lower body.



The QUADRASTEP® SYSTEM® is based on a clinical assessment method which identifies and differentiates the structural and functional aspects of the foot into 6 specific foot "types". Each foot type influences not only the way you walk but the conditions and symptoms that may affect you throughout your life.

What Makes QUADRASTEP® Orthoses Unique?

QUADRASTEP® foot orthotics are manufactured from an injection molded thermoplastic compound for strength with a "soft-edge" feel which gives incredible support while maintaining comfort. They are a single piece incorporating all of the required postings, recesses and heel cup/sidewall heights to effectively treat your foot type.

Remember, these are medical devices, not the over-the-counter arch supports you buy off the rack. These are specifically designed to alleviate pain from some of these common ailments:

A QUAD

- Lateral Ankle Instability
- Peroneal Tendonitis
- Heel Pain
- 5th Metatarsal Base Pressure
- Lower Back Pain
- Sesamoiditis, Hammer Toes
- Knee Recurvatum

SEVERE PES CAVUS

B QUAD

- Neuromas
- Sesamoiditis
- May occur with leg discrepancies
- 1st Ray Hypermobility
- Sacro-iliac Pain

MILD PES PLANUS

C QUAD

- Retrocalcaneal Bursitis
- Lateral Hip Pain
- Haglund's Deformity
- Lower Back Pain
- Iliotibial Band Syndrome
- Pinch Callus Medial Hallux

NEUTRAL FOOT

D QUAD

- Plantar Fasciitis
- Metatarsalgia
- Functional Hallux Limitus
- Patellofemoral Pain Syndrome
- Posterior Tibial Tendonitis
- Neuromas
- Dorsal Bunions

MODERATE PES PLANUS

E QUAD

- Plantar Fasciitis
- Shin Splints
- Tailor's Bunionette
- Cubiod Syndrome
- Medial Knee Pain
- Forefoot Equinus

ABDUCTOVARUS FOREFOOT

F QUAD

- Plantar Fasciitis
- Posterior Tibial Dysfunction
- Tarsal Tunnel Syndrome
- Patellofemoral Pain Syndrome
- Subfibular Impingement
- Hallux Limitus
- Splayfoot

SEVERE PES PLANOVALGUS

How do I know my foot type?

Our team will perform a biomechanical gait analysis during your visit to determine first if Quadrasteps are a good option for you. If they are, they will 'foot type' you through multiple tests to figure out which category your feet fall in.

Children's Foot Orthotics

Children with flat feet often have difficulty walking, running, or playing sports due to pain and/or impaired coordination. littleSTEPS® products are specifically designed for kids to deliver a prescription based correction, the closest you will find to custom! LS are composed of a unique blend of materials specifically chosen for kids to provide optimal strength, support and comfort - with a non-skid soft edge feel.



littleSTEPS® foot orthotics:

- Support Flat Feet and Improve Posture
- Control Heel Pain/Sever's Disease
- Reduce Growing Pains
- Improve Low Muscle Tone and Strength

littleSTEPS® gait plates:

- Reduce In-Toeing
- Improve Hip & Lower Extremity Strength
- Reduce Destructive Torsional Forces
- Create a Straighter, More Normal Gait



Ask your Clinician if littleSTEPS® may be right for your child

See the difference for yourself



Before



After with littleSTEPS®