

# Nolaro24, LLC Introduces the QUADRATEST<sup>®</sup> E+ orthotic to its popular QUADRATEST SYSTEM<sup>®</sup> Line

By Louis J. DeCaro, DPM

Nolaro24<sup>™</sup>, LLC, founded by Roberta Nole, CEO and Louis J. DeCaro, DPM, has introduced their 7th QUADRATEST SYSTEM<sup>®</sup> orthotic, the E+, to their revolutionary QUADRATEST SYSTEM<sup>®</sup> custom-to-foot-type prefabricated foot orthotics line. The QUADRATEST SYSTEM<sup>®</sup> is a state-of-the-art alternative to traditional custom orthotic management, and a smash hit with physicians for over 10 years.

Many practitioners around the world already dispense the six original QUADRATEST<sup>®</sup> orthotics effectively with great accuracy on about 80% of all patients. With the addition of their 7th orthotic (the E+), they believe practitioners will be able to effectively treat about 90% of all patients.

The QUADRATEST<sup>®</sup> E+ orthotic offers more arch support, more forefoot equinus correction, and increased rearfoot posting over the existing E orthotic. The E+ orthotic will not replace the E orthotic, but will allow practitioners to treat virtually every variety of the highly common E QUAD foot-type. The new E+ offers these alternative design features to more effectively treat the higher arched E's.

The E QUAD foot-type is one of the most common and 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 moderate to large forefoot varus. The E QUAD foot-type is one of the most destructive foot-types of all. The combined uncompensated rearfoot and forefoot varus deformities in this foot-type create a very rigid foot that is unable to provide the motions necessary to load the medial aspect of the foot during the stance phase of gait. The keynote feature of this foot-type is the ballistic heel whip that is evident at heel rise. The larger the forefoot varus deformity the bigger the heel whip, the larger the toe sign, and the greater the chance of kicking oneself in the opposite leg. Nolaro's QUADRATEST<sup>®</sup> E does a great job at controlling this foot but mostly for the lower arch variants. The QUADRATEST<sup>®</sup> E+ will have all of the benefits of the QUADRATEST<sup>®</sup> E, but with a more aggressive arch to control those feet with a higher arch.

In today's practice, the "ideal" method of treating patients via custom orthoses is often time and cost-prohibitive due to declining reimbursements. In contrast, off-the-shelf "arch supports", although less expensive, usually lack adequate biomechanical support. The QUADRATEST SYSTEM<sup>®</sup> bridges the gap between custom and non-custom orthoses.

Unlike other off-the-shelf orthotic systems that offer

## A

### SEVERE PES CAVUS

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

Propels forcefully from 1<sup>st</sup> Metatarsal

LARGE INTERNAL TIBIOTARSAL ROTATION

SMALL HEEL ARCH

LARGE INVERTED HEEL ALIGNMENT

VALGUS FOREFOOT ALIGNMENT

CALLOSUS

FOOT PROGRESSION ANGLE

## B

**KEY ORTHOTIC FEATURES**

- Lateral Forefoot Posting
- 1<sup>st</sup> MTH Cut-Out
- Deep Lateral Heel Cup
- Equinus Correction
- Great for Ankle Instability!**

**POSSIBLE CLINICAL SYMPTOMS**

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

**KEY ORTHOTIC FEATURES**

- Medial RF Posting
- Intrinsic Lateral FF Posting
- Mild Medial Skive
- Great for In-Toeing!**

## B

### MILD PES PLANUS

- Promotes the High Mid-Stance
- Re-supinate in Propulsion
- Propels off 1<sup>st</sup> and 2<sup>nd</sup> MTHs

TOE IN GAIT

MILDLY INVERTED HEEL ALIGNMENT

LARGE LATERAL TIBIOTARSAL ROTATION

LOW-WEARLINE ARCH

VALGUS FOREFOOT ALIGNMENT

CALLOSUS

FOOT PROGRESSION ANGLE

## B

**POSSIBLE CLINICAL SYMPTOMS**

- Toe-In Gait
- Neuromas
- Sesamoiditis
- 1st Ray Hypomobility
- Sacro-Iliac Pain
- Often Unilateral if associated with leg length inequality

**KEY ORTHOTIC FEATURES**

- Medial RF Posting
- Intrinsic Lateral FF Posting
- Mild Medial Skive
- Great for In-Toeing!**

## C

### NEUTRAL FOOT

- Poor Shock Attenuation
- Restricted STJ Pronation
- Propels off Medial Hallux

TOE OUT GAIT

MODERATELY INVERTED HEEL ALIGNMENT

NORMAL LATERAL TIBIOTARSAL ROTATION

NEUTRAL ARCH

NORMAL FOREFOOT ALIGNMENT

CALLOSUS

FOOT PROGRESSION ANGLE

## D

**KEY ORTHOTIC FEATURES**

- Neutral RF Posting
- Medium Arch
- Standard Depth
- Great for Hip and Back Pain!**

**POSSIBLE CLINICAL SYMPTOMS**

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

**KEY ORTHOTIC FEATURES**

- Deep Heel Cup
- Medial RF Posting
- Moderate Medial Skive
- Medial Flare
- Great for Plantar Foot Pain!**

## D

### MODERATE PES PLANUS

- Neutral Toe Out
- Pronation through Midstance
- Midtarsal Joint Instability

PROPELS OFF 2<sup>nd</sup> AND 3<sup>rd</sup> METATARSAL (DUE TO TRANSVERSE METATARSAL ARCH REVERSAL)

MODERATELY INVERTED HEEL ALIGNMENT

LARGE LATERAL TIBIOTARSAL ROTATION

LOW ARCH

VERTICAL HEEL ALIGNMENT

NEUTRAL FOREFOOT ALIGNMENT

CALLOSUS

FOOT PROGRESSION ANGLE

## D

**POSSIBLE CLINICAL SYMPTOMS**

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

**KEY ORTHOTIC FEATURES**

- Deep Heel Cup
- Medial RF Posting
- Moderate Medial Skive
- Medial Flare
- Great for Plantar Foot Pain!**

## E

### ABDUCTOVARUS FOREFOOT

- Narrow Heel Base Gait
- Restricted Subtalar Pronation
- Pivots at 5<sup>th</sup> MTH in Propulsion

MEDIAL HEEL WHIP

ABDUCTED FOREFOOT

MILDLY INVERTED HEEL ALIGNMENT

MID INTERNAL TIBIOTARSAL ROTATION

MEDIUM ARCH

VARUS FOREFOOT ALIGNMENT

CALLOSUS

FOOT PROGRESSION ANGLE

## F

**KEY ORTHOTIC FEATURES**

- Medial RF & FF Posting
- 5<sup>th</sup> MTH Cut-Out
- 1<sup>st</sup> MTH Relief
- Mild Medial Flare
- Great for Heel, Shin & Knee pain!**

**POSSIBLE CLINICAL SYMPTOMS**

- Plantar Fasciitis / Heel Pain
- Shin Splints
- Knee Pain
- Talor's Bunionette
- Calcaneal Apophysitis (Sever's Disease)
- Osgood-Schlatter Disease

**KEY ORTHOTIC FEATURES**

- Depth Orthosis
- Large Medial Skive
- Medial RF & FF Posting
- 1<sup>st</sup> MTH Cut-Out to Peroneal Function
- Great for PTTD!**

## F

### SEVERE PES PLANOVALGUS

- Promotes through Propulsion
- Severe MTJ Instability
- Propels from Central MTHs

LATERAL COLUMN INSTABILITY

LARGE TOE SIGN

LARGE INTERNAL TIBIOTARSAL ROTATION

FLAT ARCH

INVERTED HEEL ALIGNMENT

VALGUS FOREFOOT ALIGNMENT

CALLOSUS

FOOT PROGRESSION ANGLE

## F

**POSSIBLE CLINICAL SYMPTOMS**

- Posterior Tibial Dysfunction
- Tarsal Tunnel Syndrome
- Plantar Fasciitis
- Knee Valgus/DJD
- Subtalar Impingement
- HAV Bunions
- Pteryfoot

**KEY ORTHOTIC FEATURES**

- Depth Orthosis
- Large Medial Skive
- Medial RF & FF Posting
- 1<sup>st</sup> MTH Cut-Out to Peroneal Function
- Great for PTTD!**

only a "one-shape-fits-all" arch support, the QUADRATEST SYSTEM<sup>®</sup> offers 7 quad-specific functional orthoses in two widths, each biomechanically tailored to that of a true custom prescription. QUADRATEST<sup>®</sup> orthoses are available at a fraction of the cost of a typical custom device.

The QUADRATEST SYSTEM<sup>®</sup> offers several distinct advantages to podiatrists. First, it is easy to learn and can be quickly applied in a clinical setting. Second, it eliminates the need for costly and messy foot impressions that often are prone to error. Third, there is no wait. The orthoses can be stocked in-house and ready for immediate delivery. Fourth, and most importantly, the product offers truly custom results at only a fraction of the cost of traditional custom orthoses.

Visit [nolaro24.com](http://nolaro24.com) for more information on each of their 7 foot types and the specific pathologies associated with each. Get started today! Call 877-792-4669 for more information, email [info@nolaro24.com](mailto:info@nolaro24.com), or click here.