

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. Clinical evidence has shown that there are four key features that will influence how our feet work and that different combinations of these 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.

	STEP 1 Identify medial arch height	STEP 2 Identify foot & leg position	STEP 3 Identify gait style	STEP 4 Check against callus pattern	QUADRATESTP MODEL
A SEVERE PES CAVUS <i>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.</i>	High	External leg rotation / Adducted forefoot	Narrow Gait	1st & 5th MTH	A
B MILD PES PLANUS <i>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 is associated with a structural leg length discrepancy.</i>	Medium - Low	Internal leg rotation / Adducted foot	Toe-In Gait	1st & 2nd MTH	B
C NEUTRAL FOOT <i>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 normal (neutral) forefoot alignment. A key distinguishing feature of this foot-type is an obvious toe-out gait pattern.</i>	Medium - High	Normal external leg rotation / Abducted foot	Toe-Out Gait	Medial Hallux	C
D MODERATE PES PLANUS <i>The Quad D foot-type is a moderately over-pronated foot. This foot-type occurs when a Compensated Rearfoot Varus exists with a normal or neutral forefoot alignment.</i>	Medium - Low	Internal leg rotation / Straight foot	Neutral Gait	2nd MTH	D
E ABDUCTOVARUS FOREFOOT <i>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.</i>	Medium - Low	Mild internal leg rotation / Abducted forefoot	Medial Heel Twist	2nd & 5th MTH	E
F SEVERE PES PLANOVALGUS <i>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).</i>	Low	Severe internal leg rotation / Abducted forefoot	Abducted Gait	Large Central Met	F