

# QUADRASTEP™



## SYSTEM

Presents:

### **Functional Gait Analysis**

### **The QuadraStep Method of Pre-Fabricated Orthotic Selection by Foot-Type**

**7.5 contact hours**

- 7:45– 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 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 compensations specific to rearfoot and forefoot deformities.
- 1:30– 3:00 Clinical Analysis of 6 pathological foot- types: For each foot - type, the following will be reviewed:
- Key foot attributes and morphology
  - Gait characteristics
  - Callus Patterns
  - Clinical Symptoms
  - Orthotic design
- 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 functional foot orthoses.