



CARPENTER
Physical Therapy

Helping you live a well-balanced life

28 Hudson Street

P.O. Box 452, Warrensburg, NY 12885

phone: (518) 623-3410 • fax: (518) 623-6358

hello@carpenterpt.com • www.carpenterpt.com

Welcome to the **NOLARO24** Family of Pre-Fabricated Foot Orthotics



littleSTEPS[®]
foot orthotics for kids

**For Tots
to Teens**

The **NEXT STEP** in Foot Orthotic Design For the Entire Family

QUADRASTEP



Prefabricated Custom To Foot Type Orthotics

**For Teens
to Adults**



WHY TREAT ALL FEET THE SAME?



Made with **PRIDE**
in the **U.S.A.!**



QUADRASTEP SYSTEM[®]



Prefabricated Custom To Foot Type Orthotics

QUADRASTEP SYSTEM®



- 7 different pre-fabricated foot orthoses that have specific corrections for your foot type
- No casting, impressions or scans needed
- Easy, quick, and inexpensive!



DON'T suffer with feet that can be corrected **TODAY!**

www.carpenterpt.com/contact-us

CAN YOU GUESS YOUR FOOT TYPE?

FOOT TYPE A

Great for Ankle Instability!



- A Quad Great for:**
- High Arches
 - Ankle Pain and Instability
 - Sesamoiditis

FOOT TYPE B

Great for In-Toeing!



- B Quad Great for:**
- Flatter Arches
 - Toe-In Walking
 - Sacroiliac Pain

FOOT TYPE C

Great for Hip and Back Pain!



- C Quad Great for:**
- Toe Out Walking
 - Hip and Back Pain
 - Heel Pain

FOOT TYPE D

Great for Plantar Fasciitis!



- D Quad Great for:**
- Flat Feet
 - Plantar Fasciitis
 - Metatarsalgia/Neuromas

FOOT TYPE E

Great for Heel, Shin & Knee pain!



- E Quad Great For:**
- Shin Splints
 - Knee Pain
 - Achilles Tendinitis

FOOT TYPE F

Great for Severe Pronators!



- F Quad Great For:**
- Severe Foot Pronation
 - Ankle Pain and Swelling
 - Bunions

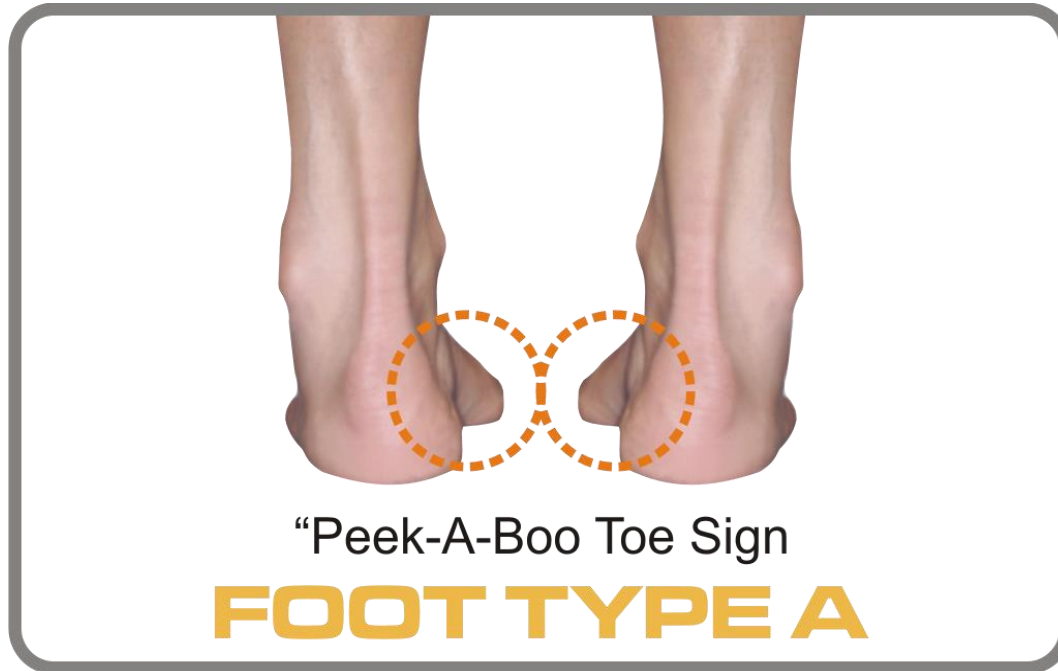
Click here to contact us



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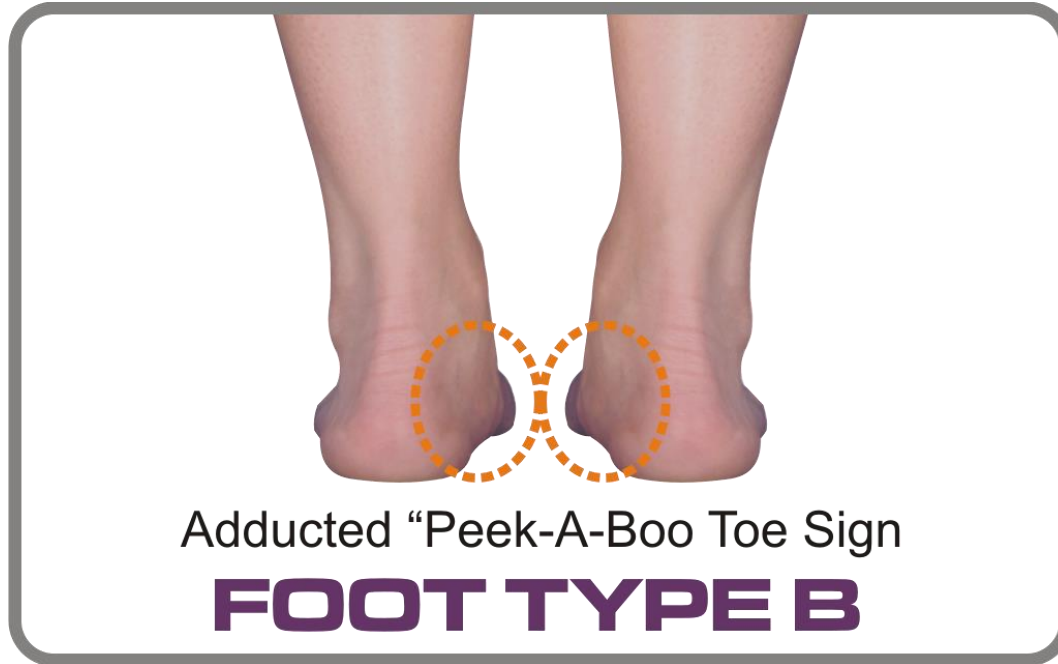
FOOT TYPE A

We fondly refer to this foot-type as our "chandelier shakers"! Why? Because even people with this foot-type who are very petite and don't weigh much tend to sound very 'heavy' on their feet when walking and probably can't sneak up on anyone easily.



FOOT TYPE B

The key characteristic of people with this foot type is that they tend to walk with a toe-in gait, which is commonly referred to as being “pigeon-toed”.



FOOT TYPE C

We call people with this foot type the “John Wayne walkers. People with this foot-type walk very toe-out. Picture how a gunslinger from an old western movie made his entrance into the local saloon. If you're not a fan of the westerns, think of a penguin or a duck!



FOOT TYPE D

We affectionately refer to people with this foot-type as the “Fred Flintstone walkers” because they tend to have a flat plodding type gait that is neither toe-in or toe-out.



FOOT TYPE E

We affectionately refer to people with the **E foot-Type** as “runway models” because they have a swagger in their gait style. Sometime people with this foot type have difficulty walking in a straight line and if you’re walking next to them down a supermarket aisle they tend to keep walking into you!



FOOT TYPE F

These feet look "very flat" at an early age, and can only worsen into adulthood. This severe instability also makes it difficult to develop and maintain core strength throughout the legs and trunk.



QUADRASTEP SYSTEM®

All of our orthotics are available in regular or narrow width, with or without a topcover.



Narrow Orthotics

- Fit better in dress shoes
- Fit better in cleats
- Fit better for petite individuals

Topcovered Orthotics

- Add comfort and cushioning
- Keep orthotics from moving
- Extra shock-absorption





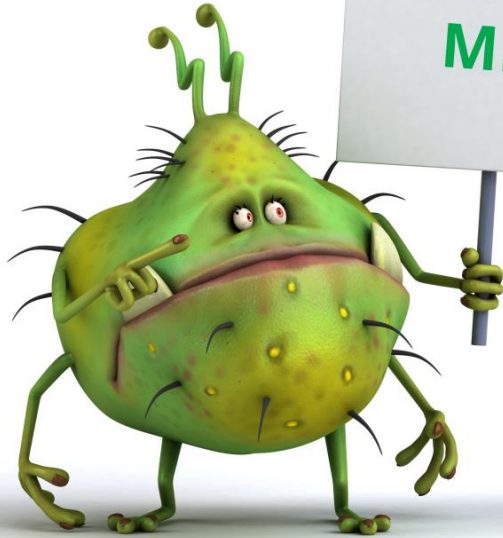
Nolaro24 orthotics are...

Easy to keep clean

less smelly

jjust wipe clean

**CATCH
ME!**



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Nolaro24 orthotics are...



OURS



THEIRS

Sturdier than
over-the-counter
insoles





Nolaro24 orthotics are...

Firm enough
for medical
correction and
soft enough
for all day wear





Nolaro24 orthotics are...

Comfortable enough for kids to
be happy to wear them all day





NOLARO24 ORTHOTICS SAVE YOU TIME



- No long waiting period like Custom Orthotics
- No second fitting appointment
- Quick, easy assessment process
- Foot conditions can be improved **NOW!**



NOLARO24 ORTHOTICS SAVE YOU \$\$



- You don't have to come back for fittings/adjustments
- Less expensive than custom orthotics
- Use your HSA or Flex Spending Account



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“...After spending almost a year of getting cortisone shots in my heels, wearing various daytime and nighttime braces, as well as trying dozens of shoe/insert combinations with no appreciable relief I am happy to tell you that **I have spent more pain free time on my feet in this last month than I had in the past year.**” *Craig S*





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QUADRASTEP SYSTEM®

“I've been amazed at the difference my QUADRASTEPS® insoles have made for my quality of life. My chronic heel spurs and aching high arches left me limping off the tennis court after only an hour. Since starting with QUADRASTEPS®, I can now play two to four hours a week with virtually no pain!”

Tom R



Did you know...



Feet sweat
a half pint
a day!!

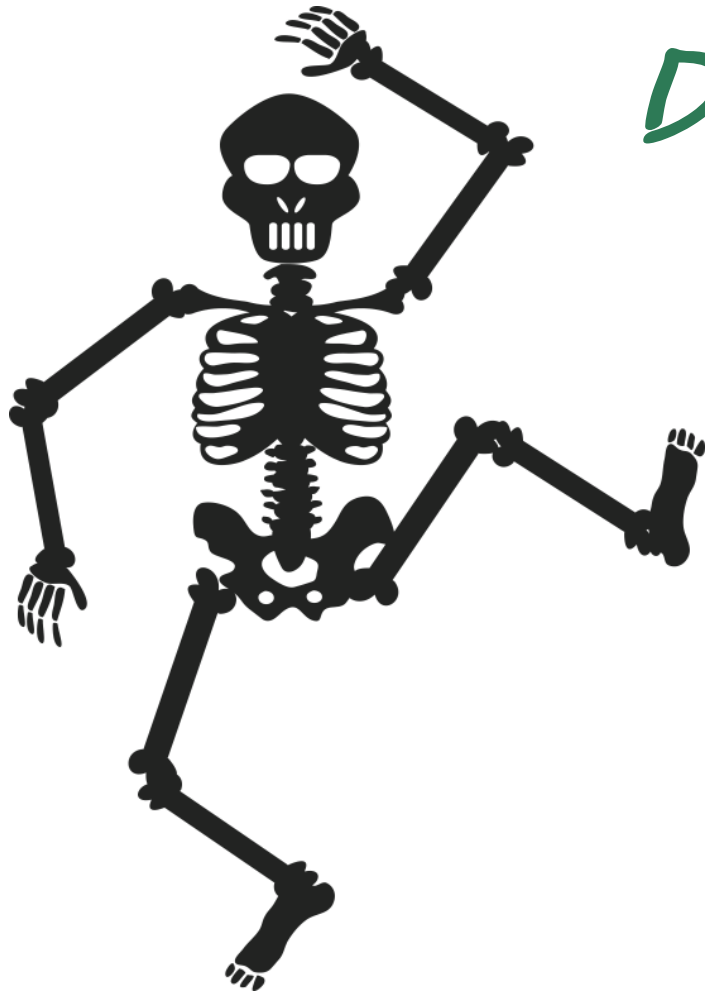




Did you know...

In a lifetime, most people walk the equivalent of three times around the Earth.





Did you know...

**One quarter of
your body's
bones are in
your feet**





Did you know...



**Many people have one leg that
is longer than the other**





Did you Know...

Toenails
grow
much slower
than
fingernails
do.





Did you know...



Standing
still is way more
tiring than walking.



**Treat your feet
right...**

**Give them
something they
NEED!**

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family of foot orthoses

