

NOLARO²⁴™ LLC
the alternative to custom orthotics

PATIENT USAGE INFORMATION AND GUIDELINES

FOR



AND



Congratulations on the purchase of your
NOLARO²⁴, LLC orthotics

Please read these instructions prior to first use:

Nolaro24 products offer biomechanical corrections similar to that of a custom foot orthotic to effectively relieve pain and prevent future pathology.

Fitting your orthotics into your shoes:

- It is recommended that you break in your new orthotics using one particular pair of full fitting or athletic shoes until you are comfortable with a full day wearing cycle.
- Do not wear orthotics in shoes that are excessively worn out!
- Place the orthotic device in the very back of the shoe and completely flat. Ensure there is not a gap between the back edge of the device and the shoe, and that the device is not tipped to one side or the other.
- Once your device and foot are within the shoe, it should not feel too tight. Some heel slippage is normal during the break in period, but should subside within a week or so.
- If it does feel too tight remove the original insole which came fitted inside the shoe.

Breaking in your new orthotics:

- Wear your orthotics 1-2 hours the first day. Each subsequent day you may increase your wear time by an additional 1-2 hours until you are comfortable wearing them full time.
- In most cases, the initial break in period should last about 2 weeks.
- Please do not wear your orthotics for high impact sports activities during the initial break in period.

Care Instructions:

- Orthotics should be cleaned using soap and water and wiped dry
- Do not use bleach or other detergents
- Do not machine wash
- Do not tumble dry
- Do not expose to extreme heat

TRIMMING INSTRUCTIONS IF TOPCOVERED:

- Remove the existing insoles from your shoes.
- Place the insole over the top of the correct orthotic (right insole over right orthotic, etc.). Left and right are marked on the bottom.
- Trace the outline of the insole on to the topcover.
- Cut the topcover along the traced line.
- Place the orthotic in the shoe.
- Feel at the toes to be sure there is no extra material bunched up.
- If there is extra material, remove the orthotic and carefully trim off a little more.

Important Information:

- If you notice any persistent pressure areas or sores, discontinue use immediately and consult your healthcare practitioner.
- If your orthotic's begin to show wear, contact your practitioner about refurbishing or replacing your orthotics to insure proper correction.
- If you suffer from diabetes, circulatory problems, foot infections, ulcerations, or severe foot deformities, please ensure your healthcare practitioner is aware of this prior to using orthotics.

Our Warranty:

60 day warranty against manufacturer's defect or breakage that occurs under normal use. This does not include any modifications you or your healthcare provider make to the device. Warranty does not imply, nor include, any guarantees of successful clinical outcomes.

For more information please visit
QUADRASTEP® and littleSTEPS® at
www.biodev.net
biodev.orders@gmail.com

Call 1-902-883-7521 ext.3 fax 902-883-7563

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maker of the QUADRASTEP SYSTEM®
and littleSTEPS® foot orthotics for kids
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