



# littleSTEPS<sup>®</sup>

## gait plates for kids

### Proper Fitting for littleSTEPS<sup>®</sup> Gait Plates

littleSTEPS<sup>®</sup> gait plates are designed to fit and function in the same manner as custom made foot orthotics. Proper littleSTEPS<sup>®</sup> gait plate fitting techniques are shown below:



Right Foot

Left Foot



Inside Arch of Left Foot



Outside of Left Foot

Gait Plates work by utilizing a semi-rigid shell that extends laterally beyond MTH's 4 & 5 to effectively alter the break of the ball of the foot during propulsion to encourage out-toeing of the limb at the hip. The littleSTEPS<sup>®</sup> Gait Plate further addresses the foot pronation associated with in-toe gait by incorporating the features of a functional FO (deep heel cup, medial rearfoot posting and skive) to control subtalar joint pronation during contact and midstance phases of gait.