

Podiatry Care Football Boot Review 2015

Brand	Name	Type/ground surface	Orthotic friendly	Heel raise	Fit	Weight	Image
Asics	Gel-Lethal Tigreor 8	Plastic sprigs for hard ground. Designed for speed.	Yes	Yes - 10 mm	Heel cushioning. Moderately shallow and narrow toe box. Wide stud pattern	Light	
	Lethal Ultimate	Plastic sprigs. Suitable if more support is required.	Yes	Yes – 10 mm	Full length cushioned midsole. Extra width.	Medium / Heavy	
	Gel-Lethal Testimonial	Plastic sprigs for hard ground. Metal studs available for wet grounds.	Yes	Yes – 10 mm	Good stability boot. Wide stud pattern, firm heel cup.	Light/medium weight	
	Lethal Flash	Plastic sprigs.	Yes	Yes – 10 mm	Slightly more flexible than the Asics Tigreor.	Light	
Nike	Mercurial	Plastic sprigs for all surfaces	Yes	No	Narrow fit. Low cut. Flexible midsole. Minimal support	Light	
	Hyper Venom	Plastic sprigs.	Yes	No	Slightly wider than the Mercurial. Low cut. Minimal support	Light	
	Tiempo	Plastic sprigs.	Yes	No	Widest Nike boot. Broad forefoot. Low cut. Adequate support.	Light	

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Modbury
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Unley
Ph: 8357 0747

Gawler
Ph: 8522 4717

Moana
Ph: 8186 4544

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Ph: 8683 4374

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Puma	evoPOWER	Plastic sprigs for all surfaces	Yes	No	Light weight sock liner for comfort. Good support	Light/medium weight	
	evoSPEED	Plastic sprigs.	Yes	No	Lightweight	Light	
Adidas	Predator Instinct	Plastic sprigs.	Yes	No	Slightly deeper and wider. Good support.	Light	
	F50 adizero	Plastic sprigs.	Yes	No	Narrow and shallow. Minimal support	Light	
	F30 TRX	Plastic sprigs.	No	No	Lightweight, narrow fit. Minimal support	Light	
	Copa Mundial	Moulded studs for durability on firm grounds.	Yes	No	Deep, shaped ankle for extra comfort	Medium weight	
	11Pro FG	Plastic sprigs for all surfaces	Yes	No	Slightly wider fit, cushioned gel heel	Light weight.	
Blades	Legend Speed	Graduated blades lengths, to aid in reducing tension on posterior muscle groups.	Yes	Yes	Wider fit. Good cushioning.	Medium weight	

Some of the most common football injuries encountered include blisters, calluses, turf toe, heel pain, plantar fasciitis, achilles tendon strain, ankle sprains, shin pain, calf strain, knee pain and hamstring strains just to name a few. Many of these injuries can be initiated by choosing a footy boot which is either unsuitable or simply not fitted correctly. Your boot choice should be based around your foot type, injury history and personal health care requirements. This is where a **Podiatry Care** podiatrist with a specific interest in Australian Rules Football can help.

SPECIAL OFFER FROM PODIATRY CARE...

Ask about our **GAP FREE foot assessment, gait analysis and footy boot review** to help you avoid pain and improve your overall football performance.

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