





ADULTS

Name	Type	Durability of outer sole	Weight	Image
Asics Netburner super 6	Mild stability	Moderate	Light	
Asics Professional	Neutral Orthotic friendly	Moderate (*now an indoor and outdoor shoe)	Light	
Asics Ballistic Asics Ballistic MT (Mid top rise for additional support)	Neutral Orthotic friendly	Maximum	Light	
Asics Netburner 18 * D width	Stability (duo max midsole)	Maximum * Has an additional 3mm heel gradient to aid in offloading the Achilles tendon	Traditional weight/ heavy	
Asics Academy 6	Neutral Orthotic friendly	Maximum	Traditional weight/ heavy	
Asics Pivot 10	Neutral Orthotic friendly	Maximum	Traditional weight/ heavy	
New Balance WX 761 *D width	Stability	Minimum (Indoor only)	Medium	
Brooks Liberty	Neutral Orthotic friendly	Maximum	Medium	

Nike Court Zoom Vapour 9.5 Tour	Neutral Orthotic friendly	Maximum	Medium	
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KIDS

Name	Type	Durability of outer sole	Weight	Image
Asics Netburner super 6 GS	Stability	Moderate	Medium	
Asics Netburner 18 GS	Neutral Orthotic friendly	Moderate	Medium	
Asics Gel Netburner Professional	Neutral Orthotic friendly	Moderate (*now an indoor and outdoor shoe)	Light	

Some of the most common netball injuries encountered include blisters, calluses, 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 aggravated by choosing a netball shoe which is either unsuitable or simply not fitted correctly. Your shoe 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 Netball can help. Please feel free to download the 2016 Podiatry Care Netball Shoe Review and share it with your friends or family members.

SPECIAL OFFER FROM PODIATRY CARE...

Ask about our **GAP FREE foot assessment, gait analysis and netball shoe review** to help you avoid pain and improve your overall performance on the court.



Podiatry Care Netball Shoe Review 2016

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