






Podiatry Care Netball Shoe Summary 2017

ADULTS

Name	Type	Durability of outer sole	Weight	Image
Asics Netburner Super 7	Mild stability ** check with your podiatrist before wearing with orthotics.	Medium-High	Light	
Asics Netburner Professional 13	Neutral Orthotic friendly	Low-Medium (indoor and outdoor shoe)	Light	
Asics Netburner Ballistic Asics Netburner Ballistic MT (Mid top rise for additional ankle support)	Neutral Orthotic friendly	Medium-High	Light	
Asics Netburner 18 * D width	Moderate Stability ** check with your podiatrist before wearing with orthotics.	Maximum * Has an additional 3mm heel gradient to aid in offloading the Achilles tendon.	Traditional weight/ heavy	
Asics Academy 7	Neutral Orthotic friendly	Medium	Traditional weight/ heavy	
Asics Pivot 10	Neutral Orthotic friendly	Maximum	Traditional weight/ heavy	
New Balance WX 761 *D width	Stability ** check with your podiatrist before wearing with orthotics.	Low to Medium (Indoor and outdoor)	Medium	

Brooks Liberty	Neutral Orthotic friendly	Maximum	Medium	
Nike Court Zoom Vapour 9.5 Tour	Neutral Orthotic friendly	Maximum	Medium	

KIDS

Name	Type	Durability of outer sole	Weight	Image
Asics Netburner super 7 GS	Stability <i>** check with your podiatrist before wearing with orthotics.</i>	Moderate	Medium	
Asics Netburner 18 GS	Neutral Orthotic friendly	Moderate	Medium	
Asics Gel Netburner Professional 13	Neutral Orthotic friendly	Moderate (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 2017 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.

***NOTE: Health insurance with Podiatry cover is essential. Offer for a limited time. See web site for expiry date.**



Podiatry Care Netball Shoe Review 2017

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