











## Podiatry Care Football Boot Review 2017

Brand	Name	Type/ground surface	Orthotic friendly	Heel raise	Fit	Weight	Image
Asics	<b>Gel-Lethal Tigreor 10</b>	Moulded studs for hard ground.  Designed for speed.	Yes	Yes - 10 mm	Heel cushioning. Moderately shallow and Narrow toe box. Wide stud pattern. Firm heel cup	Light	
	<b>Menace</b>	Shorter studs, designed for harder ground	Yes	Yes 10mm	<b>Soft heel counter to help prevent heel blisters</b>	Light	
	<b>Lethal Ultimate IGS 12</b>	Moulded studs.  <b>Suitable if more support is required.</b>	Yes	Yes – 10 mm	<b>Full length cushioned midsole. Extra width. Firm heel cup</b>	Medium /Heavy	
	<b>Gel-Lethal Testimonial 4 IT (2 colours available)</b>	Moulded studs for hard ground.	Yes	Yes – 10 mm	<b>Good stability boot. Wide stud pattern. Narrow.</b>	Light	
	<b>Lethal Speed Flash IT (2 colours available)</b>	Moulded studs.	Yes	Yes – 10 mm	Slightly more flexible than the Asics Tigreor. Narrow	Light	
	<b>Lethal Club</b>	Bladed – best on dry ground	Yes	Yes – 10 mm	<b>Wider boot, cushioned heel. Extra width. This boot is similar to Lethal Ultimate IGS 12</b>	Medium	

	<b>Lethal Legacy</b>	Moulded studs, suitable for all grounds.	Yes	Yes 10mm	<b>Wider forefoot. Light and responsive.</b>	Light	
<b>Nike</b>	<b>Mercurial Victory VI FG</b>	Moulded studs - very shallow in comparison to Asics boots, spaced far apart	<b>**Check with your podiatrist for suitability</b>	No	Narrow fit. Low cut. Flexible mid sole. Minimal support. This boot also has a model with a built in 'sock' which can make fitting an orthotic difficult.	Light	
	<b>Mercurial Vortex II FG (2 colour options)</b>	Moulded studs - very shallow in comparison to Asics boots, spaced far apart	No	No	Very Narrow fit. Low cut. Minimal support. Very Shallow	Light	
	<b>Hyper Venom (2 models – Phade &amp; Phelon)</b>	Moulded studs.	<b>**Check with your Podiatrist for suitability</b>	No	Slightly wider than the Mercurial. Low cut. Minimal support	Light	
	<b>Tiempo (multiple models – all very similar)</b>	Moulded studs. Studs are narrow – suitable for dry ground	Yes	No	Widest Nike boot. Broad forefoot. Low cut. Adequate support. 'Support cage' for lateral control	Light	
<b>Puma</b>	<b>evoPOWER</b>	Moulded conical and bladed studs for all surfaces. Studs are shallow.	<b>**Check with your Podiatrist for suitability</b>	No	Lightweight. Gradual Stability Frame	Light/medium	
	<b>evoSPEED</b>	Moulded studs - shallow	<b>**Check with your Podiatrist for suitability</b>	No	Lightweight – this boot is similar to the Nike Mercurial range	Super-light	

<b>Adidas</b>	<b>X16.3</b>	Moulded studs – very shallow	Yes	No	Dynamic collar. Minimal support. Lateral / medial ‘support cage’.	Medium	
	<b>Kaiser Liga 5 FG</b>	Moulded Studs	Yes	No	Wider fit – similar to Adidas Copa Mundial	Light	
	<b>Copa Mundial</b>	Moulded studs for durability on firm grounds.	Yes	No	Deep, shaped ankle for extra comfort	Medium	
	<b>ACE 17.1, 17.2, 17.3</b>	Moulded studs for all surfaces	see note in ‘Fit’	No	Narrow, built in collar in some models can make it difficult to fit orthotics	Light	
<b>Blades</b>	<b>Legend Elite Speed</b>	Graduated blade lengths to reduce muscle strain	Yes	Yes 10 mm	Wider fit. Good cushioning. Internal Heel counter supports the Achilles for lateral movements	Medium	
	<b>Legend Adrenaline</b>	Low profile blades	yes	Yes 5mm	5mm removable EVA wedge. Internal heel counter.	Medium	
	<b>Legend Max</b>	Low profile blades	yes	Yes 10mm	10mm removable internal heel raise, EVA. Up to size 16.5, can fit larger orthotic, widest in range. Stainless steel stability shank.	Medium	
<b>Women’s football boots</b>							

Asics	GEL-Lethal Tigreor Trainer	Moulded studs	yes	10 mm	Rearfoot & forefoot GEL, gusset tongue  Midsole material, lighter than ASICS standard EVA and SpEVA + improve cushioning & durability	Super-light	
Adidas	Ace 17.3	Moulded studs – shallow	<b>**Check with your Podiatrist for suitability</b>	no	Narrow. Lightweight. Minimal support	Light	
Adidas	X17.4 FG	Moulded studs – shallow	<b>**Check with your Podiatrist for suitability</b>	no	Narrow. Lightweight. Minimal support	Light	

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 aggravated by choosing a football 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. Please feel free to download the 2017 Podiatry Care Football Boot Review and share it with your friends and family members.

#### **SPECIAL OFFER FROM PODIATRY CARE...**

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

## **Podiatry Care Football Boot Review 2017**



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