

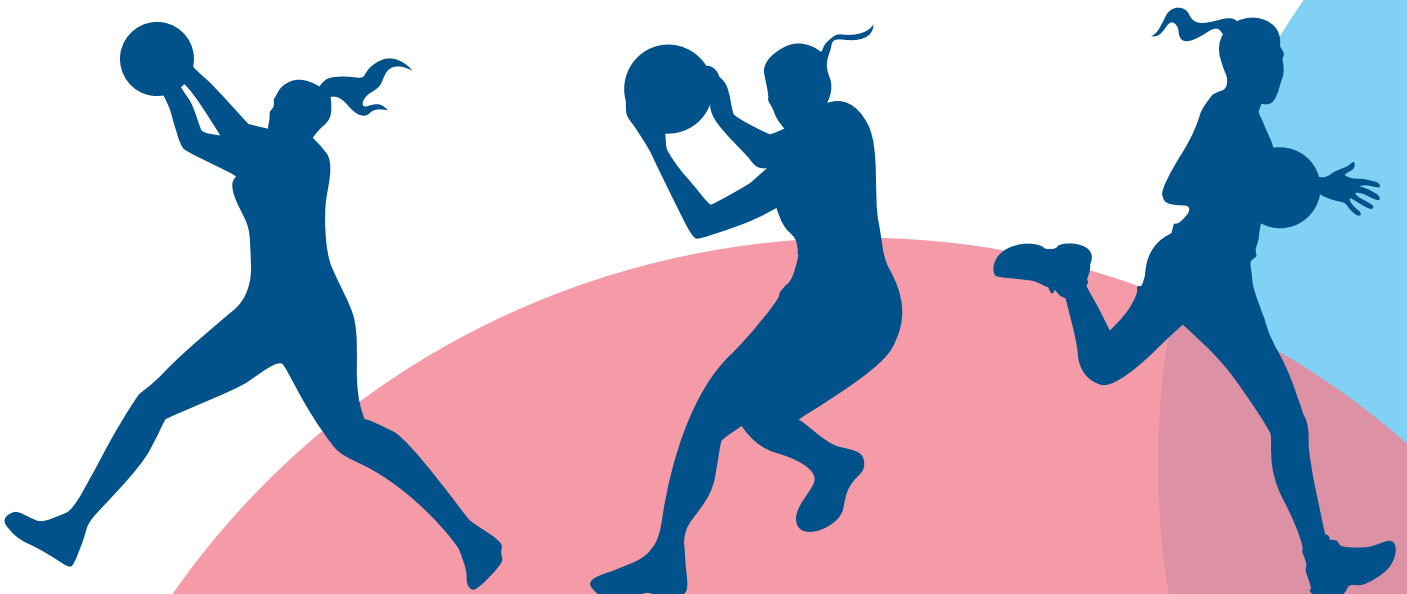


MyFootDr.

Healthy feet. Better lives.

NETBALL SHOE REVIEW 2018

A podiatrists review of netball shoes to help you find the perfect fit for your feet and your game.



About this guide

How you move, how you feel and how you play comes down to your feet.

To get the most out of your game and your body, you need to wear the right netball shoes for your feet. Selecting the right netball shoes is vital to ensure they are not only comfortable, but to reduce the risk of developing or exacerbating injuries.

At My FootDr, we want to help prevent all those frustrating problems and injuries people experience with incorrect fitting or unsuitable netball shoes. To help you find the right shoe for your feet, we have compared the most popular netball shoe styles from leading brands to help you decide on what's the best fit for you.

If you have any questions about your netball shoes or need help deciding on the right fit, get in touch with your local My FootDr podiatry clinic.

Our podiatrists can provide you with essential information and professionally check your foot type, and review any previous or current injuries, to ensure you choose the ideal netball shoe for you to maximise performance on the court.

Book an appointment with your local podiatrist today

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Adults Netball Shoe Range

Brand	Name	Type	Fit/ Qualities	Weight	Image
Asics	Netburner Super 8	<ul style="list-style-type: none"> - Mild stability - Check with your podiatrist before wearing with orthotics 	<ul style="list-style-type: none"> - Medium-High durability of sole - Wider tongue allowing for braces and support 	Light/ Medium	
Asics	Netburner Professional 14 (Modified shoe from Professional 13)	<ul style="list-style-type: none"> - Neutral - Orthotic friendly 	<ul style="list-style-type: none"> - Low-Medium durability of sole - New Flyefoam Midsole Technology - Indoor and outdoor shoe 	Light (most light in Asics range)	
Asics	Netburner Ballistic / Netburner Ballistic MT	<ul style="list-style-type: none"> - Neutral - Orthotic friendly - This shoe comes in two versions. The regular version which is lower cut and MT. which stands for the Mid-Top version which is suppose to increase ankle stability. 	<ul style="list-style-type: none"> - Medium-High durability of sole - Mid top rise for additional ankle support 	Light	
Asics	Netburner 18	<ul style="list-style-type: none"> - Moderate Stability - D Width - Check with your podiatrist before wearing with orthotics 	<ul style="list-style-type: none"> - Maximum durability of sole - Has an additional 3mm heel gradient to aid in offloading the Achilles tendon. 	Traditional weight/ heavy	
Asics	Academy 7	<ul style="list-style-type: none"> - Neutral - Orthotic friendly 	<ul style="list-style-type: none"> Medium durability of sole 	Traditional weight/ heavy	
Asics	Gel Game 6	<ul style="list-style-type: none"> - Neutral - Orthotic friendly 	<ul style="list-style-type: none"> - Medium durability of sole (indoor and outdoor) - Ideal for social netball 	Traditional weight/ heavy	

Adults Netball Shoe Range

Brand	Name	Type	Fit/ Qualities	Weight	Image
Brooks	Liberty 9	- Neutral - Orthotic friendly	- Maximum durability of sole - Cross-training shoe suitable for court surfaces - Unisex shoe	Medium	
Mizuno	Wave Stealth 4	- Neutral - Orthotic friendly	- Indoor shoe	Light	

Children's Netball Shoe Range

Brand	Name	Type	Fit/ Qualities	Weight	Image
Asics	Netburner Super 8 GS	- Stability - Check with your podiatrist before wearing with orthotics.	- Moderate durability of sole	Medium	
Asics	GEL NETBURNER 18 GS	- Neutral - Orthotic friendly	- Moderate durability of sole	Medium	
Asics	GEL NETBURNER PROFESSIONAL GS	- Neutral - Orthotic friendly	- Moderate durability of sole (indoor and outdoor shoe)	Light	

Tips and advice

How to find the correct fit for netball:

Netball is an extremely fast paced game that places a lot of stress on the feet, ankles and knees. During a netball game, players are stopping, starting, twisting, jumping and pivoting. When selecting your netball shoe, it is important that the front of the shoe fits snug, but not tight, as this will prevent slipping occurring inside the shoe and therefore will help deter blistering. Leave approximately 1cm between the longest toe and the front of the shoe as this will also help to prevent blistering and calluses in the toe area. When trying on shoes in the store use socks similar to what you will wear during the game; it is also important to try with your orthotics if you have them, this will help you get the correct fit.

Most common injuries caused by incorrect footwear:

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 (anterior cruciate ligament) and hamstring strains just to name a few. Many of these injuries can be aggravated by choosing a netball shoe which is either unsuitable, overworn or simply not fitted correctly. Your shoe choice should be based around your foot type, injury history, intensity that you play, type of netball style/ position you play (e.g. certain shoes are more suitable for running/speed or side to side/change of direction movements), court/surface type, and personal health care requirements.

Need advice? Book your **NO GAP* foot assessment, gait analysis and netball shoe review to help you avoid pain and improve your overall performance!**

* NO GAP offers on services and orthotics are subject to patient's health fund policy annual limits, policy rules, patient having the appropriate level of extras cover and health fund rebate processing through HICAPS at the time of the appointment. If you don't have private health insurance or for item numbers not covered, 50% off full fee schedule applies.

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