



Highett  
Podiatry

# FOOTY BOOT GUIDE

AUSSIE RULES



## A PODIATRIST'S GUIDE

TO FINDING THE RIGHT FIT FOR YOUR FOOT

⊕ TIPS FOR SELECTING THE RIGHT BOOTS TO HELP YOU BE

# BETTER, FASTER, AND STRONGER

AS BOTH A PODIATRIST AND FOOTY PLAYER, I UNDERSTAND THE IMPORTANCE OF FITTING THE RIGHT FOOTY BOOT... NOT ONLY TO MAXIMIZE COMFORT DURING YOUR TRAINING AND ON GAME DAY, BUT ALSO FOR INJURY PREVENTION.

If you are about to start your preseason training, now is a great time to review the latest boots and understand the key features you should look for when finding the right boots for Aussie Rules footy.

*By Edward Clinch - Sports Podiatrist, Highett Podiatry*



## THE RIGHT FIT FOR ME

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Football players often choose their boots based on appearance or what their favourite player is currently wearing.

Running places 2.5 to 5 times the weight of the body through each foot strike, so it is important the boot supports the foot and lower limb accordingly. The code of footy you play, your playing position and the conditions in which you train and play become the primary consideration when selecting the right boot, over and above the aesthetic appearance.

The best way to know if a boot is right for you is to try it on instore, rather than purchasing online. You want someone who can guide you through the features of each boot and who understands your foot's characteristics to find the right fit for you. These should include:

- Foot shape
- Foot function
- Gait pattern
- Injury history
- Your playing position

## PODIATRY CARE DURING THE FOOTY SEASON

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Common footy injuries include blisters, calluses, heel pain, plantar fasciitis, knee pain, hamstring strains, shin pain, calf strain, ankle sprains and Achilles tendon strain.

Many of these injuries can actually occur as a result of choosing a footy boot that is either the incorrect fit or unsuitable for the individual player.

Here at Highbett Podiatry, we offer sports podiatric care with a special interest in Australian Rules Football.

We offer foot assessments, together with a gait analysis and footy boot review to help you avoid unnecessary pain or injury and kick your 2016 season off with the best start.

Make an appointment with Ed Clinch or Simon Adam, our Sports Podiatrists.



Bentleigh Football Club



Bentleigh Football Club



Highbett Podiatry  
—KEEPING YOU ON YOUR FEET—

# TOP FOOTY BOOT TIPS



- Have your footy boots professionally fitted instore.
- Different footy boots are designed for different footy codes, conditions and player positions.
- A thumbs width should be vacant at the distal section of the boot from the players longest toe. This will avoid jamming of the toes on the end of the boot.
- Adidas is renowned for being a narrower type fit when compared to other leading brands. The shape of the individuals' foot is an important consideration when selecting the correct brand/model of boot.
- If you wear orthotics, ensure there is sufficient room inside the boot to accommodate for the devices.
- If the boot is too tight, this will cause the player discomfort and may even cause cramping, tingling and /or numbness in the feet.
- Ensure the boots are worn in thoroughly at training for a minimum of two sessions prior to wearing on game day.
- Up to the age of 16, the bones in a child's foot may not have fully formed. A moulded or bladed football boot with additional padding is often used to accommodate for adolescent, growing feet.



## Hyper Venom Phantom II Men's FG Football Boots



Images courtesy of Nike

The Nike Hyper venom is a low cut boot designed for agility & touch. The hyper venom is one of the newer Nike models which features the new 'Dynamic Fit Collar'. It is important to note that the Sock collar does not provide any additional support for the boot & is merely present for appearance.

Stud Type: Plastic studs

Surface Type: Firm ground. Used for a short grass surface.

Heel Counter: No

Level of Support: Minimal

Orthotic Friendly: Yes

Weight: Medium

Player Type: Focus on Agility & Control Weight: Medium



## Mercurial Vapor X FG Football Boots



Images courtesy of Nike

The Nike Mercurial is a super lightweight boot designed for explosive speed & power. The Mercurial is not suitable for orthotics as the boot is designed to have a 'glove like' feel over the foot. The Mercurial is a fantastic boot for players who are searching for a light weight boot which has minimal bulk. This boot would not be suitable for players who have a history of foot / ankle problems.

Stud Type: Plastic studs

Surface Type: Firm ground. Not suitable for heavy/wet surfaces.

Heel Counter: No

Level of Support: Nil

Orthotic Friendly: No

Weight: Lightweight

Player Type: Focus on power and speed



## Tiempo Legend Football Boots



Images courtesy of Nike

The Tiempo is the most popular Nike boot in their range. The Tiempo is a much wider fit than most other Nike models which allows more room for the broader foot type and also provides sufficient room for an orthotic.

The Tiempo is a good boot for players with previous foot and ankle injuries.

Stud Type: Plastic studs

Surface Type: Suitable for both wet and dry surfaces.

Heel Counter: No, raised midsole at posterior section of boot.

Level of Support: Adequate

Orthotic Friendly: Yes

Weight: Medium

Player Type: All player types



## Magista Football Boots



Images courtesy of Nike

The Magista is another of the Nike models which offers the Dynamic Fit Collar. The Magista is designed to provide control and soft touch.

The Magista is slightly less structured than the Tiempo and would not be recommended for players looking for a supportive boot.

Stud Type: Plastic studs

Surface Type: Firm ground. Used for a short grass surface.

Heel Counter: Nil

Level of Support: Minimal

Orthotic Friendly: Yes

Weight: Medium

Player Type: All player types





## Gel - Lethal Tigreor Football Boots



Images courtesy of Asics

The Asics Tigreor is the most popular boot the Asics range. It is a fantastic boot for kids and adults providing sufficient structure and support. With the presence of a firm heel counter and 10mm heel raise, the Tigreor is arguably one of the most supportive boots on the market. The Tigreor is a terrific boot for players who have Achilles / calf troubles and also players who prefer a more structured fit. It is important to note that the Tigreor is also a great boot for kids who are struggling with Sever's disease as the 10mm heel raise will aid in reducing strain on the Achilles tendon.

Stud Type: Plastic studs

Surface Type: Suitable for all surfaces

Heel Counter: Yes, firm

Heel to Toe Gradient: 10mm

Level of Support: Moderate to High

Orthotic Friendly: Yes

Weight: Medium

Player Type: All player types



## Lethal Ultimate Football Boots



Images courtesy of Asics

The Asics Lethal Ultimate is the most supportive boot in the Asics range. Similar to the Tigreor, the firm heel counter and heel to toe gradient is present. The one disadvantage of the Lethal Ultimate is the actual weight of the boot, being possibly the heaviest boot on the market. For players who require high levels of structure / support this boot would be suitable.

Stud Type: Plastic studs

Surface Type: Suitable for all surfaces

Heel Counter: Yes, firm

Heel to Toe Gradient: 10mm

Level of Support: High

Orthotic Friendly: Yes

Weight: Medium - Heavy

Player Type: Player who requires additional support



## Lethal Speed Football Boots



Images courtesy of Asics

The Asics Lethal Speed is one of the most lightweight Asics boot on the market. It is designed as a lighter option to the Tigreor and as a consequence, it is slightly less supportive. The Lethal Speed still has a firm heel counter & the 10mm heel to toe gradient.

Stud Type: Most commonly metal studs, but also available in plastic studs at some stores.

Surface Type: Suitable for all surfaces

Heel Counter: Yes, firm

Heel to Toe Gradient: 10mm

Level of Support: Medium - slightly more flexible than the Tigreor.

Orthotic Friendly: Yes

Weight: Light to Medium

Player Type: Focus on power and speed



## evoPower Football Boots



The Puma evoPower is designed to amplify power and accuracy on the field.

The evoPower is one of the few football boots which display the off-centre lacing technique. Some players may find this feature irritating and trial of a boot such as this would be recommended.

Stud Type: Plastic studs

Surface Type: Suitable for both wet and dry surfaces

Level of Support: Adequate

Orthotic Friendly: Yes

Weight: Light to Medium

Player Type: Focus on power and speed



## evoSpeed Football Boots



Images courtesy of Puma

The Puma evoSPEED is an incredibly light-weight boot similar to the Nike Mercurial.

Slightly more accommodative for an orthotic, the evoSPEED is designed for light touch and minimal support.

Stud Type: Plastic studs

Surface Type: Firm ground. Not suitable for heavy/wet surfaces.

Level of Support: Minimal

Orthotic Friendly: Yes

Weight: Light

Player Type: Focus on power and speed



## Predator Instinct Football Boots



The Adidas Predator Instinct is the most popular of the Adidas boot range. Designed for soccer, the Predator has a welded gel pad on the outer sole of the boot for increased pass accuracy. Slightly deeper and wider.

Stud Type: Plastic studs  
Surface Type: All surfaces  
Level of Support: Moderate  
Orthotic Friendly: Yes  
Weight: Light  
Player Type: Midfielder

Images courtesy of Adidas



## F50 Adizero Football Boots



Images courtesy of Adidas

The Adidas F50 Adizero is a lightweight boot designed for speed and power. Both narrow and shallow with minimal support.

Stud Type: Plastic studs

Surface Type: Firm ground

Level of Support: Nil

Orthotic Friendly: No

Weight: Light

Player Type: Focus on power and speed



## ACE 15.1 Football Boots



The Adidas ACE 15.1 is a lightweight boot designed with a webbed synthetic upper. This style of boot is directed towards midfielders looking for control.

- Stud Type: Plastic studs
- Surface Type: All surfaces
- Heel Counter: No
- Level of Support: Moderate
- Orthotic Friendly: Yes
- Weight: Medium
- Player Type: Midfielder

Images courtesy of Adidas





## Furon Pro Football Boots



Images courtesy of New Balance

The New Balance Furon is a narrow fitting lightweight boot designed for speed and power. Unfortunately, this is an extremely narrow boot and unable to accommodate for the vast majority of foot types.

Stud Type: Plastic studs

Surface Type: All surfaces

Heel Counter: Yes

Level of Support: Moderate

Orthotic Friendly: Yes

Weight: Light

Player Type: Focus on power and speed



## Visaro Football Boots



Images courtesy of New Balance

The New Balance Visaro is a much wider fitting boot in comparison to the Furon. In terms of structure and support, the New Balance Visaro provides a good alternative to the Nike Tiempo.

Stud Type: Plastic studs

Surface Type: All surfaces

Heel Counter: Yes

Level of Support: Moderate

Orthotic Friendly: Yes

Weight: Light - Medium

Player Type: All player types

# TWO FEET

**ONE SEASON**

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