



# 2018 CLEAT PATTERN LABORATORY TESTING PERFORMANCE RESULTS FROM SYNTHETIC TURF

THE NFL MUSCULOSKELETAL COMMITTEE HAS COORDINATED EXTENSIVE RESEARCH ON ATHLETIC SHOE SAFETY AND PERFORMANCE. THE COMMITTEE HAS DEVELOPED LABORATORY TESTS THAT EVALUATE WHICH CLEATS BEST PERMIT RELEASE FROM SYNTHETIC TURF DURING POTENTIALLY INJURIOUS LOADING. THE RESULTS OF THOSE TESTS ARE SET FORTH ON THIS POSTER.

A subset of cleat patterns from current manufacturers available to NFL players are listed in order based on their performance in the laboratory testing. The performance of each cleat pattern is illustrated on the bar graph, with a longer bar representing better performance. The rankings are based exclusively on the ability of the cleat pattern to allow release from a synthetic surface in laboratory testing. Issues with shoe fit, shoe structure, and long-term durability are not addressed in these rankings. The information presented here is based solely upon the results of this research and the expert opinions of the scientists involved.

The laboratory test conditions were intended to represent potentially injurious lower extremity loading in the NFL. The results of this study should not be extrapolated to collegiate, high school, or youth football.

BETTER LABORATORY PERFORMANCE



NO SHOE OR CLEAT PATTERN CAN COMPLETELY PROTECT AGAINST LOWER EXTREMITY INJURIES A PLAYER MIGHT SUSTAIN WHILE PARTICIPATING IN FOOTBALL.