

The Best Recovery Shoes

Stand Plus Anti Grav 2 - Fantastic recovery shoe. If you are a nurse or a doctor, you need these shoes ASAP. These have anti-slip outsole material and give top-tier support for long work shifts.

www.standshoes.com



Anta Bubble Slides — (**My Favorite Slides on the Market**) This slide uses the same technology used in basketball shoes. The bubble has arch support and is anti-slip. The bubble fits snugly on your feet, giving you great support. The Bubble is on sale right now for half off for \$22.50



Xenon XEN - (Best for Lockdown Support) One of the most popular foot doctors from YouTube, @FootDoctorZach, helped create these. These do have a break-in period, but

once you break them in, the strap will have lockdown support and comfortability—find it at Xenonpaddle.com.



Oofos Original Sports Thong Sandals - I love the Oofos Thong Sandals—great for letting the feet breathe after competition and after a swim.



Crocs Echo - Best Croc for comfortability The built in-rubber insole is fantastic, and the upgraded tread and strap are a great add-on. You can buy these on Amazon.



Honorable Mention

Adidas Yeezy Foam Runner - Highly comfortable and can walk many miles in them.

Kanes - great support and comfortability

Hoka Ora Slide - Great Slide to put on after a hard fought pickleball battle to help your feet recover

Olukai Ohana (**BEST Standard Flip Flop**)