



360 REVIEWS



Sign In

When you use links on our website, we may earn a fee.

Home / 360 Reviews / Fitness

8 Best Recovery Slides of 2024

By [Corey Whelan](#)



Edited by [Marlo Jappen Porto](#)

Updated: June 14, 2024



Save

Recovery slides aren't the same thing as your mother's house slippers. Instead, they're a type of footwear designed to enhance and support post-exercise recovery. They provide foot pain relief and arch support, as well as cushioning comfort.

After researching recovery slides and interviewing podiatrists, we came up with a list of the top options, including our best overall pick, the KURU Moment, which stands out for its built-in orthotic insole that's soft yet responsive for optimal pressure relief.

Table of Contents

[Best Recovery Slides](#)

[Things To Consider When Buying](#)

[How We Chose](#)

[More +](#)

Our Top Picks

Best Overall: [KURU Moment](#) »

[Jump to Review](#) ↓

Best Budget: [Crocs Mellow Recovery Slide](#) »

[Jump to Review](#) ↓

Best for Runners: [Topo Athletic Revive](#) »

[Jump to Review](#) ↓

Best for Plantar Fasciitis: [HOKA Ora Recovery Slide 3](#) »

[Jump to Review](#) ↓

Best for Arch Support: [Archies Arch Support Slides](#) »

[Jump to Review](#) ↓

Best for Outdoor Wear: [Oofos Ooahh Slide Sandal](#) »

[Jump to Review](#) ↓

Best for Wide Feet: [Easy Spirit Mahya EMOVE Walking Sandals](#) »

[Jump to Review](#) ↓

Most Comfortable: [LâMO Slide Wrap](#) »

[Jump to Review](#) ↓

Best Overall

KURU Moment »



PROS:

CONS:

✓ Adjustable strap for a secure fit

✓ Lightweight

✓ Roomy toe box

✓ Patented heel support

✗ Limited color options

Buy From Kuru

We chose KURU's Moment recovery slides as our best overall pick because it has a soft, cushioned, built-in orthotic insole that provides arch support and a curved heel cup that aids in pain relief. It also has a wide toe bed, which is appealing if your feet are swollen after a long run, an intense workout, or [spending many hours standing](#).

"Recovery slide sandals are a great choice to use at home, especially as a replacement to less supportive traditional slippers with a thin sole. [Those suffering from plantar fasciitis or Morton's neuroma](#) may find relief when wearing slides," says Dr. Ilya Makarovskiy, a podiatrist at Staten Island University Hospital.

Dr. Makarovskiy stresses the importance of accurate sizing, as people with wide feet may have trouble finding slides that don't pinch. Luckily, the Moment slides have an adjustable hook and loop closure, allowing wearers to achieve a supportive and accurate fit.

If you're not sure of your size, these slides come with a six-month warranty and free shipping, returns, and exchanges.

Specs

List Price: \$100

Sizes: 5-12 (women's); 7-13 (men's)

Material(s): Synthetic materials and EVA (ethylene-vinyl acetate)

[Buy From Kuru »](#)

Best Budget

Crocs Mellow Recovery Slide »



PROS:

- ✓ Budget-priced
- ✓ Soft foam footbed
- ✓ Deep cup design
- ✓ Upper air vents for breathability

CONS:

- ✗ Runs large; sizing down is recommended
- ✗ Wide widths not available

[Buy From Amazon](#)

If you like the quirky style and comfort of Crocs, check out these budget-friendly recovery slides from the brand. While many options on our list run for about \$100, these shoes give you a bang for your buck for around half that price.

They have a soft innersole that provides squishy cushioning and a slow rebound. They're also lightweight and designed with upper air holes to boost breathability. Plus, customers mention how they offer significant heel and arch support.

Keep in mind that these recovery slides run big. If your feet are wide or prone to swelling, buying your regular shoe size may be best. Otherwise, the company suggests sizing down.

Specs

List Price: \$49.99

Sizes: 6-12 (women's); 4-13 (men's)

Material(s): Crosslite™ closed-cell resin, EVA

[Buy From Amazon »](#)

Best for Runners

Topo Athletic Revive »

**PROS:**

- ✓ Flexible outsole provides traction for recovery day activities outdoors
- ✓ American Podiatric Medical Association (APMA) Seal of Acceptance recipient
- ✓ Textured footbed stimulates nerve endings in feet
- ✓ Soft fleece upper comfortable for bare feet

CONS:

- ✗ Very pricey
- ✗ Light cushioning may not be plush enough for some people

[Buy From Amazon](#)

Running is a physically demanding sport that can take its toll on your feet, knees, and legs. Florida-based podiatrist, Dr. Suzanne Fuchs, recommends recovery slides to her patients who engage in high-impact activities.

"The function of recovery slides is to provide comfort and support to the feet during the recovery process, after intense physical activity or injury. They're designed to cushion the feet and promote healing by reducing pressure and impact on injured areas," she explains.

The Topo Revive supports active recovery with a nicely cushioned insole that absorbs impact during recovery walks. The Ortholite footbeds have a wavy, textured pattern that delivers massage-like stimulation to achy feet. And, a roomy toe box provides added comfort, allowing your toes to spread out. These shoes, which have a cozy fleece upper that's made from recycled polyester, can be worn without socks.

The outer sole is made from a flexible and durable compound designed for traction, durability, and flexibility. You can comfortably wear Topo Revives on recovery days outdoors, as well as indoors post-runs.

Specs

List Price: \$120

Sizes: 6-10 (women's); 8-13 (men's)

Material(s): Polyester fleece, Vibram XS trek EVO technical rubber

[Buy From Amazon »](#)

Best for Plantar Fasciitis

HOKA Ora Recovery Slide 3 »

**PROS:**

- ✓ Meta-rocker bottom
- ✓ Provides arch support
- ✓ Lightweight sugarcane footbed
- ✓ Plush cushioning
- ✓ APMA Seal of Acceptance recipient

CONS:

- ✗ Half sizes aren't available
- ✗ Wide widths aren't available

[Buy From Amazon](#)

Rocker bottom shoes are often used in the treatment of [plantar fasciitis](#). This latest addition to the popular Ora recovery slide line has an early meta-rocker bottom (a gradual taper starting just behind the ball of the foot), with the transition zone behind the metatarsal bone heads of the feet. This positioning enables the foot and ankle to roll forward during movement. It also reduces the force of impact generated while walking. The result is a smooth transition from the heel to the front of the foot during activity.

[HOKA shoes](#) are known for their plushness and these slides are no different. The Ora provides cushioned arch support, an important attribute for treating plantar fasciitis. Ample arch support is needed to let your feet rest. It also reduces soft tissue strain.

When combined, Ora's attributes equal less pain and more healing in the areas of the feet affected by plantar fasciitis.

Specs

List Price: \$60

Sizes: 5-16 (women's); 3-14 (men's)

Material(s): Synthetic rubber and EVA

[Buy From Amazon »](#)

Best for Arch Support

Archies Arch Support Slides »



PROS:

- ✓ Orthotic support encourages proper foot posture
- ✓ Molds to the shape of your feet
- ✓ Durable one-piece construction

CONS:

- ✗ Half sizes and wide widths aren't available
- ✗ Requires a break-in period

[Buy From Amazon](#)

Archies are unique in that they're made from one piece of patented single-cell foam. Over the course of a few days, the innersole will start to mold to the shape of your feet. This provides a customized "hug" that gives you the right amount of arch support. Though Dr. Makarovskiy recommends Archies for everyone, he thinks they're particularly ideal for people with flat feet.

Archies slides have a contoured footbed, a structured toe box, and a deep heel cup, which prevents your feet from slipping or sliding in the shoe.

The strap that holds the slides to your feet will be tight at first. Like the rest of the shoe, it should loosen and adjust to your foot over time. If it doesn't, or if you decide that Archies aren't for you, you can exchange them for another pair for free. You can also return them for a full refund (minus the cost of shipping).

Specs

List Price:	\$60
Sizes:	5-16 (women's); 4-15 (men's)
Material(s):	Closed-cell foam

[Buy From Amazon »](#)

Best for Outdoor Wear

Oofos Ooahh Slide Sandal »

**PROS:**

- ✓ Shock-absorbent foam reduces stress on feet and joints
- ✓ Supportive outsole
- ✓ Good arch support

CONS:

- ✗ Half sizes not available
- ✗ Wide widths not available

[Buy From Amazon](#)

Dr. Makarovskiy likes to wear the Oofos Ooahh Slide Sandal around the house, but these recovery slides are sturdy and supportive enough to wear outside, too – no need to change into another pair of shoes if your dog needs walking. Oofos is also one of Dr. Fuch's recommended, go-to slide brands.

The shoe's proprietary foam blend is highly shock absorbent (more so than traditional foam), so you can walk around and run errands without adding stress or pain to your feet, legs, hips, and back. The brand's patented footbed also reduces stress on the joints. These slides come in an array of fun colors, making them stylish enough to wear outside of your home.

Specs

List Price:	\$59.95
Sizes:	5-16 (women’s); 3-14 (men’s)
Material(s):	Proprietary foam blend

[Buy From Amazon »](#)

Best for Wide Feet

Easy Spirit Mahya EMOVE Walking Sandals »



PROS:

- ✓ Comes in extended widths
- ✓ Stretchy upper
- ✓ Adjustable straps

CONS:

- ✗ Men’s sizes not available
- ✗ Outsole may be high for some

[Buy From Easy Spirit](#)

- ✓ Cushioned memory foam insole
- ✓ Lightweight

Foot recovery requires comfort without pinching. Easy Spirit's Mahya Walking sandals in wide widths provide ample wiggle room – even if your feet are naturally wide, swollen, or both. In addition to a roomy insole, the stretchy upper and adjustable strap add width along the top of the foot, where too-tight shoes can chafe and cause irritation.

These slides are highly cushioned for shock absorption, as well as arch, forefoot, and heel support. They're also lightweight, so your feet won't have to work hard during recovery.

Specs

List Price:	\$79
Sizes:	5-12 (women's)
Material(s):	Man-made textiles

[Buy From Easy Spirit »](#)

Most Comfortable

LâMO Slide Wrap »

**PROS:**

- ✓ Lined with soft Australian sheepskin
- ✓ Highly cushioned
- ✓ Adjustable upper
- ✓ APMA Seal of Acceptance recipient

CONS:

- ✗ May be too warm for outdoor wear in summer
- ✗ Pricey

[Buy From Amazon](#)

These super comfortable shoes have a plush sheepskin lining that envelopes the entire foot and feels like a soft hug. Their adjustable upper makes them a good choice for wide or swollen feet. They may also be beneficial for diabetic foot pain, according to the company.

These slides feature a high-density memory foam footbed that absorbs shock and adds comfort to the heel, arch, and forefoot. The innersole isn't contoured, however, so they may not be a good choice for people with flat feet. Otherwise, they're like walking on a cloud.

Specs

List Price: \$99.99

Sizes: 5-12 (women's); 7-15 (men's)

Material(s): Australian sheepskin, suede, and manmade materials

[Buy From Amazon »](#)

The Bottom Line

Recovery slides support foot and leg recovery on rest days after intense bouts of physical activity, like running. They're also beneficial for people recovering from foot injuries and other types of joint pain.

For recovery slides to provide maximum benefits, they must have attributes like stability, arch and heel support, and cushioning. KURU Moment, our overall best pick, hits all these notes and has the added benefits of a deep, supportive heel cup and built-in orthotic insoles.

Things To Consider When Buying Recovery Slides

Size and Fit: Even the most highly rated recovery slide will do your feet no good if they don't fit correctly.

Feet vary in shape, width, and length as well as in size. A key component of the overall benefits of recovery slides is arch support. If your slides don't fit the length of your feet accurately, the innersole's arch may hit above or below your foot's midsection, instead of under it. If you have a high arch or flat feet, this will reduce your comfort level, even if the slide is highly cushioned.

Materials: Recovery slides are made from a wide range of materials. Many companies use proprietary formulas for the materials they use during the manufacturing process.

In general, look for slides made with some kind of cushioning material, like foam. Also, opt for an outsole that's flexible, and provides anti-slip traction, like rubber.

Climate and season should also play a role in the materials you opt for. Uppers made from unbreathable synthetics may make your feet sweaty, and should probably be avoided unless they have ventilation holes.

Arch Support: As mentioned above, arch support is an important element of recovery. Not every person needs added arch support, however. If you have flat feet or a high arch, look for a highly supportive slide that is designed to cradle the midsole. If you have a standard arch, cushioned slides may provide you with enough support.

Traction: The last thing you want on a recovery day (or any day) is to slip or fall. Outsole traction is important, whether you're wearing your slides indoors or outside. Shoes with traction also help you accelerate or decelerate your stride during activities like brisk walking.

How We Chose the Best Recovery Slides

To choose the recovery slides on this list, we considered attributes like fit, comfort, cost, and stability. Additionally, we consulted with two podiatrists - [Dr. Ilya Makarovskiy, DPM](#), at Staten Island University Hospital and Dr. Suzanne Fuchs of [Luxe Podiatry](#) in Jupiter, Florida.

WHY SHOULD YOU TRUST US?

[Corey Whelan](#), the author of this piece, has been writing and researching stories about products that enhance people's health for well over 10 years. Her areas of expertise (and personal interest) include athletic gear and footwear. For U.S. News 360 Reviews, she's written about the best [walking shoes for men](#) and [women](#), and about [shoes that reduce back pain](#). She's also contributed content about exercise

products like [treadmills](#) and [resistance bands](#). The editor of this piece, [Marlo Jappen Porto](#), is an editor at U.S. News 360 Reviews, focusing on fitness.

FAQ

What are recovery slides?



What are the benefits of wearing recovery slides?



How should recovery slides fit?



How long should you wear recovery slides?



About Our Team



Corey Whelan

Contributor



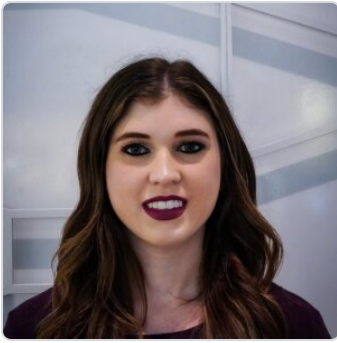
Corey Whelan is a patient advocate, freelance health writer, and small business owner based in Brooklyn, New York. She specializes in reviewing consumer products that make people healthier, happier, and safer. Whelan contributes content to a wide range of sites including Verywell Health, Healthline, and Well+Good.

[Read more](#)

Marlo Jappen Porto

Former Editor





Marlo Jappen Porto is a former editor for U.S. News 360 Reviews, focusing on home goods. Prior to joining the team, she was a researcher at NBCUniversal, where she gathered compelling and relevant archival content for live broadcasts. In addition, she has spent years working as an editor and community journalist.

[Read more](#)

U.S. News 360 Reviews takes an unbiased approach to our recommendations. When you use our links to buy products, we may earn a commission but that in no way affects our editorial independence.

HOME

HOME SERVICES

SLEEP

TECHNOLOGY

LIFESTYLE

INSURANCE

BUSINESS

360 REVIEWS UK



[About](#) [Editorial Guidelines](#) [Contact](#) [Press](#) [Advertise](#) [Newsletters](#) [Jobs](#) [Site Map](#)
[Store](#)

Copyright 2024 © U.S. News & World Report L.P.

[Terms & Conditions/Privacy Policy/U.S. State Privacy Notice/Your Privacy Choices](#) 