

If the shoes fit.....

If you were going to take up a hobby that would require walking 5 miles twice per week over all types of terrain, in all types of weather, whilst carrying a 20 pound pack....you'd probably call it "rambling". We call it golf. The priority purchase for even an occasional Rambler is a quality pair of purpose designed walking boots. It's good to see that the golf shoe manufacturers have taken up the challenge of producing footwear that can stand up to the task, and still assist the foot and ankle in their swing gymnastics, and I welcome the language of "Kevlar composites", "Sorbothane shock absorption", and "Goretex outer shells".

Take a look at these two pairs of golf shoes:-



The left hand pair belongs to my local club professional, and show a classic "supination" distortion. You can see how his biomechanics literally tear the heel from the heel block and onto the outside of the shoe.

The pair on the right belongs to one of his students, who shows the opposite "pronation" distortion, where the heel is collapsing and tilting inwards.

The feet are the foundation for efficient movement, and distortion patterns such as these can cause problems further up the human "chain" as we play our golf.

- Second to a hat, your golf shoes are the most important purchase you will make.
- Choose wisely, look at all the options, ask your friends how their shoes perform, and do not accept second best.
- Look after them, dry them out thoroughly after each round, and remember the car boot is not the greatest storage option.
- Put your current pairs on a flat surface and get a ground level view from behind. If they show gross distortion patterns as above, then they are not working for your foot type. Bin them. Seek advice from an experienced professional as to what type of shoe would suit you, or even consider taking your shoes and your feet along to a podiatrist for a biomechanical assessment.
- If the rear "last" of the shoe sits straight upright and undistorted, then this shoe type, and make, works for you....buy another pair
- It goes without saying that buying shoes to suit the ground conditions presented by our ever-changing weather will help you and the course.

Great golfers have great footwork. If you want your feet to feel more balanced yet reactive in your swing, and you want to fatigue less up the back stretch, sort your shoes out.