

### SHOE PROFILE

Note if your shoes are brand new you will need to wear them for several classes before turning in your **shoe profile**. Your shoe profile is due no later than the third week of the semester. If you get new shoes during the semester please let your instructor know.

NAME \_\_\_\_\_ CLASS \_\_\_\_\_  
(Please specify day and time)

1. Brand Name (e.g. Reebok, Nike, etc.) \_\_\_\_\_ model \_\_\_\_\_

2. Why did you buy these particular shoes? \_\_\_\_\_

3. How long have you been wearing these shoes?

- a. one month or less
- b. 3 months or less
- c. 3-6 months
- d. over 6 months

4. Do you wear these shoes:

- a. only in aerobic classes
- b. for aerobics and other exercise
- c. in class and around campus
- d. for daily wear

5. On a scale of 1 (poor) to 5 (excellent) how would you rate these shoes on:

Forefoot shock absorption	1	2	3	4	5
Lateral (side to side support)	1	2	3	4	5
Fit and comfort	1	2	3	4	5
Flexibility	1	2	3	4	5
Weight of shoe	1	2	3	4	5

Instructor's recommendation based on medical and shoe profile:

See me

Proceed as recommended

See me regarding your medical \_\_\_\_\_ ASAP. In the interim, use caution during activity.

See me regarding your shoes \_\_\_\_\_. New ones will likely be needed before the end of the semester.

Medically cleared; however, new shoes are recommended. Consider impact when selecting movements. Also, monitor shoe support during lateral movements.

Medically cleared. Do high or low impact based on fitness and skill. \_\_\_\_\_

