

## Which patches should I use?



### Small Oval Patch

1.5" x 2"  
3.8cm x 5.1cm

#### RECOMMENDED USE

Use ENGO® Small Oval Patches for the side, top, or front of toe box of any shoe type.

You can also use them in high heels or trim the patches to fit in strappy sandals.



### Large Oval Patch

1.75" x 2.75"  
4.4cm x 7cm

#### RECOMMENDED USE

Use ENGO® Large Oval Patches for any type of callus or blister from heel to toe.

For heel blisters, position patch vertically in the back of your shoe – wrapping over the top edge, if possible, to prevent snagging your sock when putting shoes on.



### Heel Patch

1.5" x 3.625"  
3.8cm x 9.1cm

#### RECOMMENDED USE

ENGO® Heel Patches offer a large area of coverage around the back of the heel and are recommended for athletic shoes, dress shoes and high heels.

For shoes with padded ridges, place patch below ridge or consider using the ENGO® Large Oval Patches for complete heel protection.

We recommend using a shoe horn when putting shoes on each day to prevent snagging the top edge of the heel patch with your sock and extend the life of the patches.



### Rectangle Patch

2.75" x 3.75"  
7cm x 9.5cm

#### RECOMMENDED USE

Use ENGO® Rectangle Patches for blisters and calluses you get with boots, skates, helmets and sports/medical equipment.

Trim to desired shape/size for custom fit. Be sure to round corners to prevent snagging socks!

Football and ice hockey players use them in helmets to prevent reddened & sore foreheads.