



Get instant relief from painful friction causing rubbing, calluses, and blisters with ENGO patches. Unlike traditional blister bandages, they're applied to footwear, not skin, using patented technology for immediate relief. Perfect for athletes, high heel wearers, and anyone on their feet all day. Don't let blisters hold you back; try ENGO patches for instant relief.



1. Identify  
Hotspot Location



2. Select or  
Trim Patch



3. Place  
on Shoe



4. Wear  
Immediately

ENGO Patches can be trimmed to any size or shape

- Apply patches to clean, dry footwear, innersole or orthotic.
- To apply, simply peel, stick and press firmly for 30 seconds on all sides to secure.
- To maximise adhesion, immediately wear shoes for 30 minutes to provide additional pressure and warmth to the adhesive.

**x2**  
**HEEL PATCH**  
2" X 3"  
5cm X 7.6cm

ENGO Blister Prevention Patches are a registered trademark of Tamarack Habilitation Technologies, Inc.

Manufactured in Minneapolis, Minnesota U.S.A. Patented US6362387, CA2335066, EP1087738

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SKU: ENGOHeel-2

Made in USA



Water resistant



Eliminates friction



Instant pain relief



500kms of protection



BY TAMARACK®

## Blister Patches

ULTRA-THIN MATERIAL ELIMINATES FRICTION  
UP TO 80% WITHOUT AFFECTING SHOE FIT



Designed by  
Podiatrists for daily  
carry and expedition kits

**2-Pack Heel**

Patented US6362387, CA2335066, EP1087738

Live  
comfortably

Run further

Score more



Get more out of your ENGO® Patch  
**VIEW THE VIDEOS**

- ▶ How to get the most out of every ENGO® Patch
- ▶ How to apply Heel Patches so they last longer
- ▶ The 2-Patch technique for Edge Blisters

[www.blister-prevention.com](http://www.blister-prevention.com)



or scan this QR code  
using a mobile QR reader app.

Patches are available in  
four convenient shapes  
and can be trimmed  
with scissors, if desired.  
Actual sizes shown here.

**HEEL PATCH**

2" x 3"  
5cm x 7.6cm

**RECTANGLE**

2-3/4" x 3-3/4"  
7cm x 9.5cm

**SMALL OVAL**

1-1/2" x 2"  
3.8cm x 5.1cm

**LARGE OVAL**

1-3/4" x 2-3/4"  
4.4cm x 7cm



**APPLICATION:**

- ENGO® Patches can be trimmed to any size or shape.
- Apply patches to clean dry footwear, insoles and orthotics.
- To apply, simply **peel, stick and press firmly** for 30 seconds on all sides to secure.
- To maximise adhesion, immediately wear shoes for 30 minutes to provide additional pressure and warmth to the adhesive.

**CARE:**

- ENGO® patches are latex-free, sweat-proof and water-resistant.
- Soaps, lubricants and water-logging may result in a shortened product life.
- Replace ENGO® patches when the blue layer becomes white or when ENGO® releases from your footwear.

For more information, visit  
[www.blister-prevention.com/engofaq](http://www.blister-prevention.com/engofaq)

ENGO® Blister Prevention Patches are manufactured in the USA by  
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