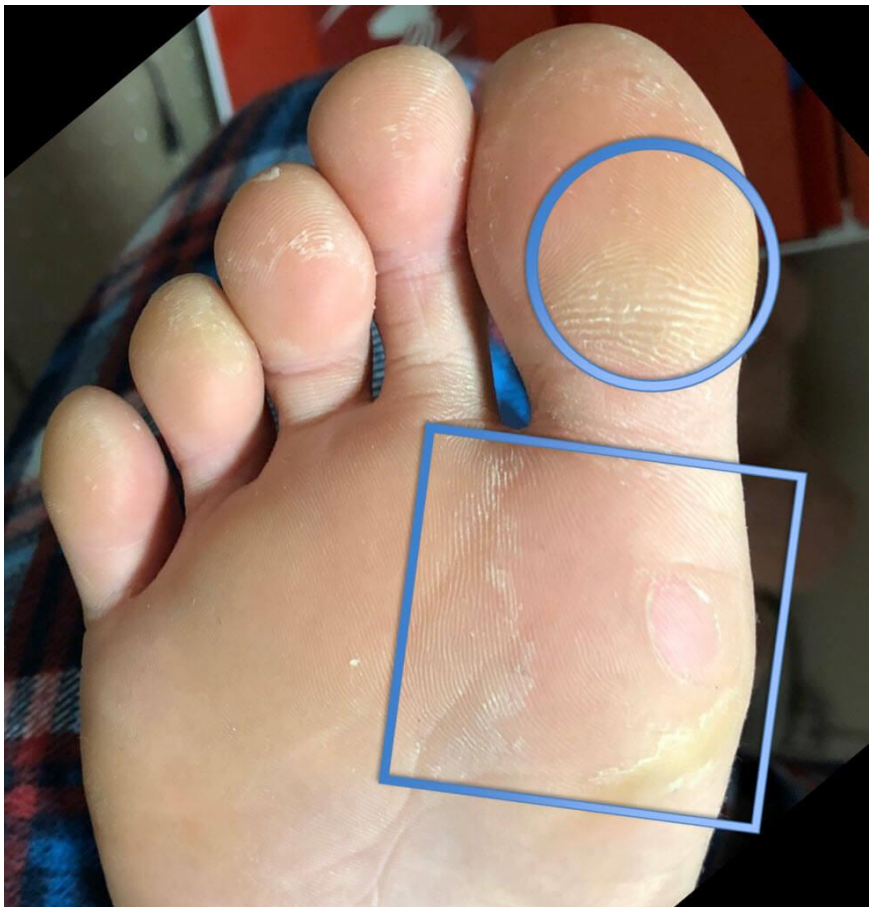


## **Blisters Under Big Toe**

Alex was looking for an alternative to our Gel Toe Caps for his son's big toe blisters. While the gel toe caps were keeping his blisters away, he was pretty hard on them and they were only lasting a month at a time.

I asked Alex to send me a photo of his son's foot and to draw a circle around where he gets his blister. Below is our conversation.



### **Alex**

Attached is a photo of my son's right foot. He is 14yrs old. He doesn't get blisters anymore by wearing the Gel Toe Cap (highlight in "circle" where he used to get blister), but it gets worn out very quickly. I also highlight an area in "rectangle" where he still gets blisters. FYI, when he wears his soccer boot, he also wears an insole and heel pad prescribed by his sports podiatrist.

## **Rebecca**

Thanks for the photo Alex - it explains things perfectly. This is a classic presentation. Take a look at the pressure map of the foot in this article.

<https://www.blisterprevention.com.au/blogs/blister-blog/big-toe-blister> The high pressure under the big toe explains the big toe blister (in the presence of high friction - the insole provides the high friction level).

The cause of the high big toe pressure is function of the first forefoot joint. The metatarsal head is pushed up by the ground, this makes the arch flatten (even if the feet aren't particularly flat) which means the metatarsal head slides forward. While this all means the metatarsal joint doesn't bear the weight it should, it's the moderate weightbearing pressure + high friction level + bone moving under the skin that causes the skin shear that leads to this blister.

The gel toe cap absorbs shear well. But a better way to deal with this is firstly, reduce friction levels under both areas with Engo patches - probably best to use a rectangle patch on each insole and cut off the excess. Use a large oval on the side of the shoe as well if we're dealing with a bit of an edge blister at that first joint.

If the Engo patches don't do enough on their own (there's a very good chance they will do enough), I'd be seeing a podiatrist because this "first joint sliding forward and up, not bearing weight and putting it all under the big toe" is usually something we can stop or lessen with orthotics. Then you'll need to add the Engo patches to these. ENGO patches last a very long time, like 300 miles. Let's say at least a whole soccer season. I've had Engo patches last in my hockey boots for 3 seasons!

## **Rebecca**

Sorry Alex - I just re-read your message and see that your son already wears an orthotic of description in his boots. Assuming your podiatrist knows about these blisters and has done all he/she can about the foot function I've described, the Engo patches straight onto these is your best alternative to the gel toe caps.

Failing that, you really only need the Gel Toe Sleeves. For the same price, you'll get 6 sleeves in one pack (when cut to size) as opposed to 2 caps.

**Alex**

Thank you for the great advice and most importantly it's rare to find someone as dedicated as you are to help in your area of expertise. We often thought blister is just a by-product of not wearing the shoe properly that causes friction, and having read your response you manage to explain in a lot more details with logic.

We appreciate your advice and I will discuss this with my wife the best way forward for our son. One thing we will surely do now is to discuss the blister issue with his podiatrist, and had you not mentioned we would not have thought of this at all.

For that we are grateful for your time and advice, and we most definitely be a strong advocate for your company and product.

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Although Gel Toe Protectors will prevent blisters under the big toe, it's worth seeing a podiatrist first. There are aspects of foot function that can be addressed to prevent these blisters and potentially help your feet in other ways. Depending on your biomechanics, orthotics can reduce pressure under the big toe and Engo Patches will reduce friction levels. These are long-lasting prevention strategies. If for whatever reason these don't work, you can opt for the Gel Toe Sleeves. They absorb shear tremendously, but they're not as long-lasting.

**Have you got a question about your blister?**

If you're enrolled in **Fix My Foot Blisters Fast**,  
get in touch. I'll be happy to help!