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AliMed FG5361

Freedom CaVus High Arch Half Soles User Manual

Model: FG5361 | Brand: AliMed

PRODUCT OVERVIEW

The FREEDOM CaVus High Arch Half Soles are designed to provide support and comfort for individuals with high arches. They build on a standard BFO base with a soft, extended arch to ensure total contact without undue pressure. A Poron heel pad offers additional heel-strike protection, particularly beneficial for rigid cavus feet. These half soles feature a durable, genuine leather top cover for comfort and longevity.

Key Features:

- Carefully shaped heel cup
- Soft, extended arch for comprehensive support
- Soft, comfortable leather cover
- Weight capacity: approximately 300 pounds



Image: A pair of AliMed Freedom CaVus High Arch Half Soles. These insoles are dark brown with a smooth leather top surface and a white base. They feature a prominent, contoured arch support designed to fill the high arch of the foot, and a slightly raised heel area. The image shows one insole slightly behind and above the other, highlighting their shape and texture.

SETUP AND INSTALLATION

The Freedom CaVus High Arch Half Soles are designed for easy integration into most footwear. Follow these steps for optimal placement:

1. **Prepare Your Footwear:** Remove any existing removable insoles or liners from your shoes. This ensures the Freedom CaVus Half Soles sit properly and provide direct support.
2. **Position the Half Soles:** Place the Freedom CaVus Half Soles into your shoes, ensuring the heel cup is snugly against the back of the shoe and the arch support aligns with the natural arch of your foot. Since these are "half soles," they are designed to support the arch and heel, typically not extending to the toe area.
3. **Check for Fit:** Wear the shoes with the insoles and walk around to assess comfort and fit. The arch support should feel supportive without causing undue pressure or discomfort. If the fit feels off, adjust the position slightly.
4. **Initial Adaptation:** It is common to experience a period of adaptation when first using new arch supports. Start by wearing them for a few hours a day and gradually increase wear time as your feet adjust.

USAGE GUIDELINES

These half soles are intended for daily use to provide consistent arch support and heel protection. They are suitable for a variety of activities where foot comfort and support are desired.

- **Daily Wear:** Insert into your everyday shoes for continuous support.

- **Activity Suitability:** Ideal for walking, standing, and general daily activities. While they offer support, consult a healthcare professional for specific athletic or high-impact activities if you have severe foot conditions.
- **Footwear Compatibility:** Designed to fit most closed-toe shoes. Ensure there is adequate space in your footwear to accommodate the half soles without making the shoes too tight.

CARE AND MAINTENANCE

Proper care will extend the life and effectiveness of your Freedom CaVus High Arch Half Soles, which feature a genuine leather top cover.

- **Cleaning:**
 - Wipe the leather surface with a damp cloth and mild soap if necessary.
 - Do not submerge in water or machine wash, as this can damage the leather and internal components.
 - Allow to air dry completely before reinserting into shoes. Avoid direct heat or sunlight.
- **Odor Control:** If odors develop, remove the insoles from your shoes and allow them to air out. A light sprinkle of baking soda can help absorb odors, which should then be brushed off.
- **Storage:** When not in use, store the insoles in a cool, dry place away from direct sunlight.
- **Replacement:** The lifespan of insoles varies depending on usage and individual foot mechanics. Replace your insoles when signs of wear become apparent, such as flattening of the arch support, cracking of the leather, or diminished comfort.

TROUBLESHOOTING

If you encounter issues while using your Freedom CaVus High Arch Half Soles, consider the following common solutions:

Problem	Possible Cause	Solution
Discomfort or pain in the arch area.	New arch support requires adaptation; improper placement; arch support too high for your foot.	Gradually increase wear time. Ensure the insole is correctly positioned. If discomfort persists, consult a foot care professional.
Shoes feel too tight.	Existing insoles not removed; shoes are not wide enough to accommodate the half soles.	Remove any original insoles from your shoes. Try the half soles in different footwear that offers more volume.
Slipping inside the shoe.	Insole not securely placed; shoe interior is too slick.	Ensure the insole is pushed firmly to the back of the shoe. A small piece of double-sided tape under the heel of the insole can help secure it.
Odor development.	Moisture accumulation; bacterial growth.	Remove insoles from shoes daily to air out. Clean as per maintenance instructions. Use baking soda or an odor-absorbing spray.

PRODUCT SPECIFICATIONS

- **Model Number:** FG5361
- **Brand:** AliMed
- **Product Type:** High Arch Half Soles
- **Material:** Genuine Leather (top cover), Poron (heel pad)

- **Color:** Black
- **Item Weight:** 0.8 ounces
- **Recommended Use:** Foot support, specifically for high arches and heel protection
- **Compatibility:** Women's shoe sizes 5-6 (as per product title)
- **ASIN:** B003T32UBC
- **Manufacturer:** AliMed
- **Date First Available:** March 26, 2013

WARRANTY AND SUPPORT

For specific warranty information, please refer to the manufacturer's official documentation or contact AliMed directly. General return policies for this product typically allow for returns within 30 days of purchase, subject to the retailer's terms and conditions.

Manufacturer Contact: For product support, inquiries, or to report any issues, please visit the official AliMed website or contact their customer service department. You can often find contact details on the product packaging or through the retailer where the product was purchased.

Legal Disclaimer: Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition. This product is not a medical device and should not be used as a substitute for professional medical advice.