

## HED DOCTOR FITTING INSTRUCTIONS

**Tools:** 6+8mm allen keys

**Before you start:** These instructions are to fit the HOPE HED DOCTOR to a standard 1 1/8" threadless steerer. The HED DOCTOR unit is compatible with most aftermarket stems and headsets. If in doubt, we recommend you have the HED DOCTOR and/or headset fitted by a reputable qualified mechanic. These instructions presume that the steerer tube is cut to the correct length, sharp edges have been removed/de-burred and all other parts are ready to re assemble.

**Installation:**

Remove existing star nut or other device if needed.

Check all parts of the Hed Doctor are supplied (Pic 1)

Unscrew the aluminium bolt from the wedge using a 6mm allen key. Put the aluminium bolt and top cap to one side.

Using an 8mm allen key, partly undo the bolt in the wedge unit, until the assembly is loose. (The o ring will keep everything together) (pic 2)

Place the wedge into the steerer - with the 8mm allen bolt head to the top (if this is a tight fit, loosen the 8mm allen key a little more) Push the wedge into the steerer until it sits approx 12mm beneath the top of the steerer (Pic 3)

This can be a very snug fit - dependant on steerer, so don't worry if some gentle persuasion is needed. i.e tap it in with a hammer/ or squeeze the Outer Ring together with your fingers to get it started.

Once in place, using the 8mm allen key, tighten the wedge until it is solid in the steerer (Pic 4)

Install the stem and spacers if needed (ensure the stem clamp bolts are undone and everything moves freely on the steerer - this will aid easy adjustment later)

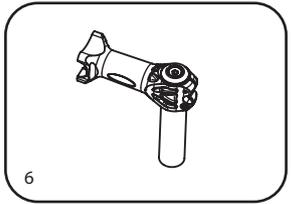
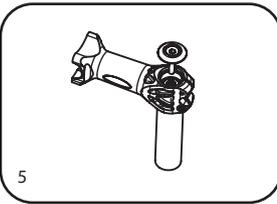
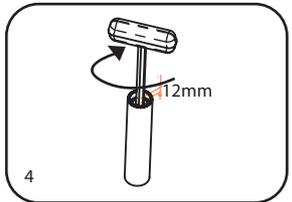
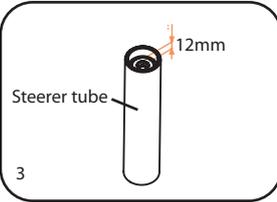
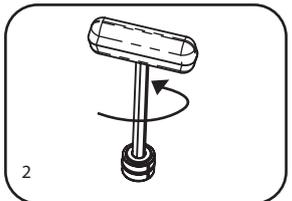
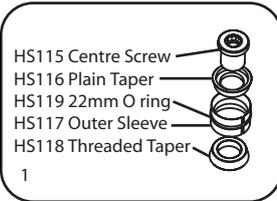
Place the bolt through the top cap and apply a little grease to the threads. Fit the bolt and top cap to the top of the stem and gently wind the bolt clockwise with a 6mm allen key into the now fixed wedge unit until a little resistance is felt (Pic 5)

**NOTE!** This bolt doesn't have to be tight! It is for adjustment only! Screw the bolt in until play has been taken out of the headset bearings - no more!

Make sure that play is not coming from fork stanchions or loose bearings anywhere. Check this by nipping the stem bolts up when you think the adjustment is good, apply the front brake and gently rock the bike back and forth whilst placing a finger/ thumb over the lower headset cup and crown race joint. Feel for movement and also lift the front of the bike off the ground and see if the headset feels smooth and free running.

Make any necessary re adjustments - not forgetting to undo the stem bolts before each re adjustment, and tightening and rechecking afterwards (Pic 6)

**NOTE!** It is normal for a headset to settle after the first couple of rides - if necessary readjust as needed.



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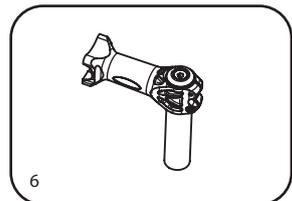
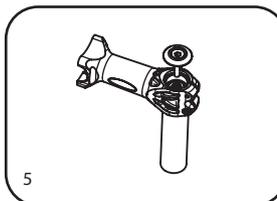
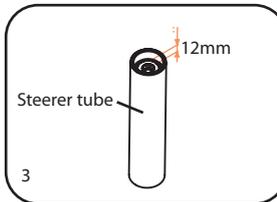
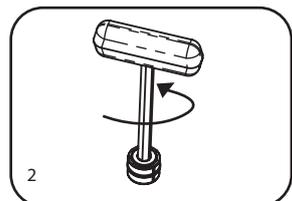
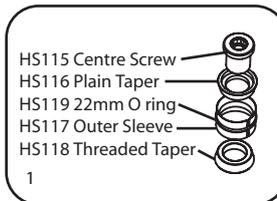
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