1. Turn the 4mm hex head bolt counterclockwise while maintaining a firm grip on the friction mechanism threaded cap on the opposite side. Turn until the threading releases.

2. Pull the friction mechanism cap, the 2 disc springs and the threaded bolt out of the knee while maintaining pressure on the friction mechanism threaded cap on the opposite side.

3. Carefully gather threaded cap and 2 disc springs

Re-assemble friction mechanism to avoid losing parts

For complete instructions on adjustments to the friction mechanism, see IFU, page 16 and QRC.
1. Position friction mechanism threaded caps so that the post engages with the opening on the mating surface of the knee.

2. Ensure disc springs openings are centered over the opening of the interior cylinder of the knee.

3. Insert friction screw with friction mechanism cap and washers and tighten until threading engages with the opposite side.

4. Turn knee so friction mechanism threaded cap is facing up, apply Loctite 242 or similar. Allow to penetrate threading of screw.

5. Tighten friction unit bolt head until there is no rattling or audible noise when tapping the opposite side friction mechanism cap with a finger. There should be a gap present with the disc springs in slight compression.

This is the **minimum friction setting**.