

# Elf Flex Instructions:

by **ELF Doctor™**

## PREPARATION

Take everything out of the package and make sure all the components are easily accessible. Lay everything within reach on a clean surface.



**TIP:** Before starting locate all 4 wires (2 short-arms, 2 long-legs) and to prevent wires from poking out during use bend the ends of each wire on one end only. This can be done with pliers or can also be done by hand as well.



## ARMS

Start by cutting the stitching at the tip of the hand (either arm) with the seam ripper. Once the stitching has been cut (you may also pull out any loose thread) insert the non-looped end of the arm wire (the shorter wire) into the hand and up the arm until the looped end goes completely inside of the hand.



Take one magnet and insert into the hand next to the loop. You may have to give it a little push to get it in place but it will fit.

When the wire and magnet are completely inserted into the arm, use the supplied white thread and stitch the hand closed where the wire was inserted (any type of stitch will do). Repeat for other arm.



**TIP:** Sewing the hands and feet closed is the preferred method!



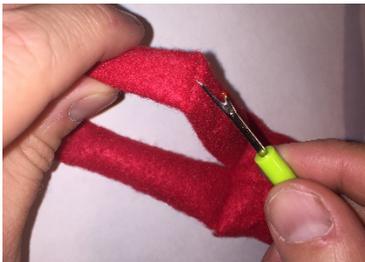
## HANDS (optional)

Add the hook and loop discs on each hand. These come with one sticky side and attach very nicely to the fabric. If you are concerned that it will detach, you can sew the hook and loop discs onto the hand as well. There is plenty of thread in the kit to handle all stitching. These mini round pieces of hook and loop are the perfect size for the Elf's hands.



## LEGS

The legs have stitching at the knee and may have to be cut with the seam ripper (the choice is yours to cut the stitch or try to insert the wire without cutting). Using the included seam ripper locate the back of the leg at the knee, carefully cut 2 of the stitches in the center. You do not need to pull out the stitches. By leaving them in it will look like it is still sewed. Similar to what was done on the arm, cut a stitch in the foot and carefully insert the non-looped end of the precut leg wire (the longer wire) through the foot and keep it in the middle as you push it through the stitches you ripped earlier in the knee.



Take one magnet and insert into the foot next to the loop. You may have to give it a little push to get it in place but it will fit.

After the wire and magnet are completely inside the leg, take red thread and stitch the leg/foot closed (any type of stitch will do). Repeat for other leg.

## No Sew Option



While sewing the hands and feet closed is the preferred method we have also found that if you are careful when bending your elf that you do not need to sew the hands/feet shut. You may carefully tuck the flaps of material into the hand/foot. You may also use the tip of the seam ripper to help in completing this. Be careful though as doing this will allow the wires to poke back out easily.