

## COMPONENTS

- 1) Rest - handrest, silicone, mounting part, tension screw, return rubber
- 2) Middle section - l-joint, washer, flexi-washer, tension screw
- 3) Bracket - regulator, elevation trim, clasp, tension screw, bottom rubber, flexible collar
- 4) Stabiliser - acrylic bit, mounting tape
- 5) Collar (varies depending of the instrument)



## ASSEMBLY INSTRUCTIONS FOR OBOE

1. Remove the F resonance key with its lever and two short rods.
2. Remove the F#, E and D keys (long rod).
3. Also remove the long lever rod for the Eb, B and Bb keys operated by the little finger of the left hand (if your oboe has an F" key, remove that too).
4. Now remove the F key and its rod and slide the loop of the collar down over the lower pillar of the F key flat against the body of the instrument as illustrated (Fig 2).
5. Insert the hook at the bottom of the bracket (Fig D) into the loop next to the F- key (Fig A) and attach the loop at the other end of the collar to the clasp (Fig B/E) and tighten the screw until the clasp is firmly in place. **Do not overtighten** (Fig F).
6. Carefully replace, in reverse order, all the oboe keys rods.
7. Push the L-joint into (Fig G) the regulator socket/elevation tube until it hits the elevation trim (7). Tighten the L-joint with the tension screw slightly (9) to keep flexibility.
8. Remove the old thumb rest and replace it with the FREEWING stabiliser (4) to the place which fits to you.

## ADJUSTING THE HANDREST FOR OBOE

1. Adjust the horizontal position of the fingers (distance from the instrument) by means of the tension screw (6) in the mounting part.
2. Adjust the vertical position of the fingers by means of the elevation trim (7) in the regulator/elevation tube.
3. To adjust the wrist angle, detach the l-joint and bend it slightly from location (XX), this will help you to achieve a natural circular wrist movement.
4. Try playing your instrument, fine tune if necessary.
5. You can bend the rest simply by warming it with hair dryer ~5 min. Rotating the rest at the same time, cool with cold water, do not overheat or bend too much.

