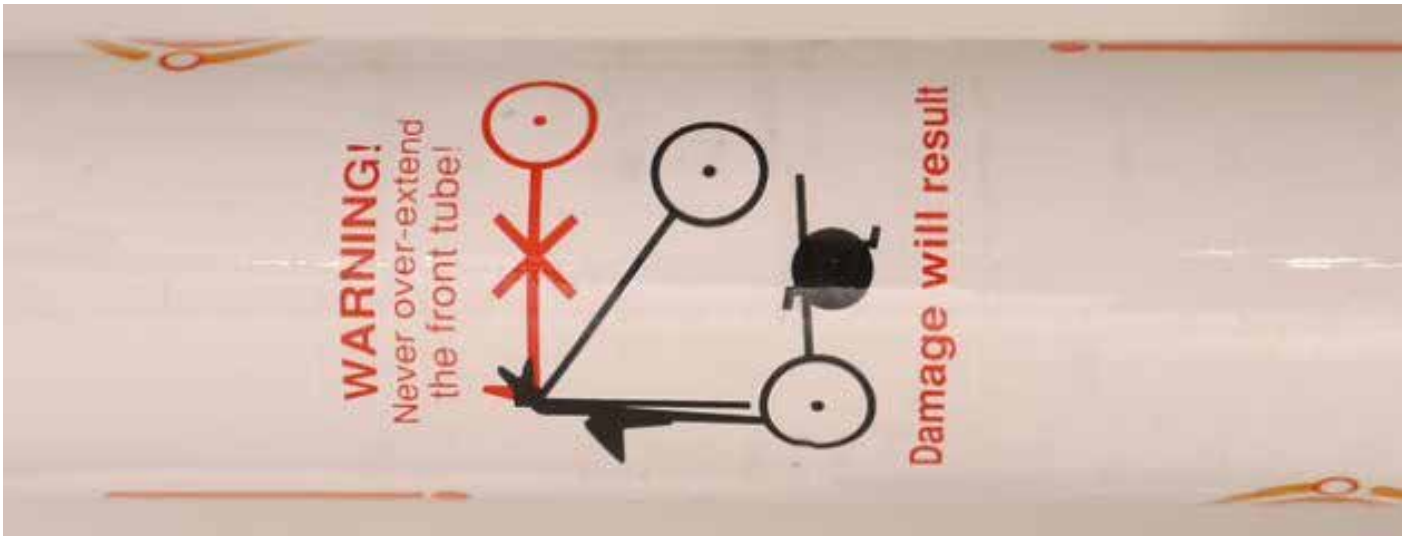




The Strida Ball Joint Socket Explained

1. The rear brake cable needs to be removed, loosen and cut the end of the rear brake cable at the rear brake caliper, then pull the cable out at the brake lever. When cutting the end off cut as little as possible. You may first want to try skipping cutting the cable and removing the brake cable.



Cutting the cable end



Loosening the brake cable



Remove the brake cable

2. The rear brake cable housing needs to be removed from the Strida stem and ball joint socket, pull the rear brake cable housing with the protective spring covering out of the stem at the top of the "A" of the Strida.

Note, if you are only reinserting the ball in the joint and not replacing the complete ball joint socket you may be able to remove the metal screw, pry out the plastic part and lift the plastic socket far enough without removing the cable to reinsert the ball in the socket.



Removing the cable housing

3. Remove the metal screw below the hole that the brake housing came out of, this screw holds the plastic part of the ball socket in the frame tube.



Removal of the retaining screw

4. Pry the round plastic part out of the tube, this plastic part is the part the cable housing went through. It has small barbs on the end which hold it in place. It fits through the tube and into the other plastic part of the ball joint socket. Be careful not to scratch the paint on the tube, a thin flat screw driver will pry this part out. Applying some tape to the frame tube may protect it from scratching.



Removing the insert

5. Pull the plastic socket and ball out of the top of the front tube, if your ball joint has become dislocated then you are only pulling out the plastic socket far enough to reinsert the ball in the socket.



Removing the Ball Joint



Ball and socket separated



Front frame tube detail

6. Slip the ball joint socket with the metal ball in the socket into the front tube, the unit needs to be installed with the ball in the socket. The socket is lubricated with a white lithium grease.
7. Push the round plastic part into place, replace the metal screw, be careful not to cross thread it.
8. Replace the rear brake cable housing, this can be tricky, patience is important, catching the end of the housing at the hole under the stem with a thin screw driver can help to get it through the hole.



Threading the Brake cable housing

9. Thread the rear brake cable through the rear brake cable housing if you have a clean cut on the end of the cable this is easier, check that the cable housing is seated correctly in the brake lever and the brake caliper.
10. Adjust the rear brake caliper and brake pads. Crimp an end cap onto the end of the brake cable. Brake cable end caps are available at your local bike shop.

Putting the ball back in the socket: There is a short cut if you find yourself with a dislocated ball joint socket in an emergency. Turn the Strida upside down, perfectly on a soft surface like a carpet so that you don't scratch the paint, align the ball with the socket, put your foot on the stem, and push the ball joint back together. Here is a link to a video that demonstrates: <https://www.youtube.com/watch?v=p8yx8XsUPJw>