



Valve Index Headset Eye Relief Knob Replacement

How to replace the eye relief knob on a Valve Index VR headset.

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INTRODUCTION

Follow this guide to replace the eye relief knob on a Valve Index VR headset. This is also referred to as the field of view adjust knob.

Power off and unplug your Index before you begin your repair.



TOOLS:

- [1 x Opening Picks](#) (1)



PARTS:

- [Valve Index Headset Field of View Adjust Knob](#) (1)

Step 1 — Remove the eye relief knob



- Insert an opening pick between the eye relief knob and the head strap.
- Gently pry with the opening pick while pulling the eye relief knob off until it is removed.

Step 2 — Reassembly tip



- ✦ During reassembly, ensure the eye relief knob is aligned with the shaft before pressing it on.

Compare your new replacement part to the original part—you may need to transfer remaining components or remove adhesive backings from the new part before installing.

To reassemble your device, follow the above steps in reverse order.

Take your e-waste to an [R2 or e-Stewards certified recycler](#).

Repair didn't go as planned? Try some [basic troubleshooting](#), or ask our Valve Index [Answers community](#) for help.