



Valve Index Headset Head Strap Adjust Knob Replacement

How to replace the head strap adjust knob on a Valve Index VR headset.

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INTRODUCTION

Follow this guide to replace the head strap adjust knob on a Valve Index VR headset.

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



TOOLS:

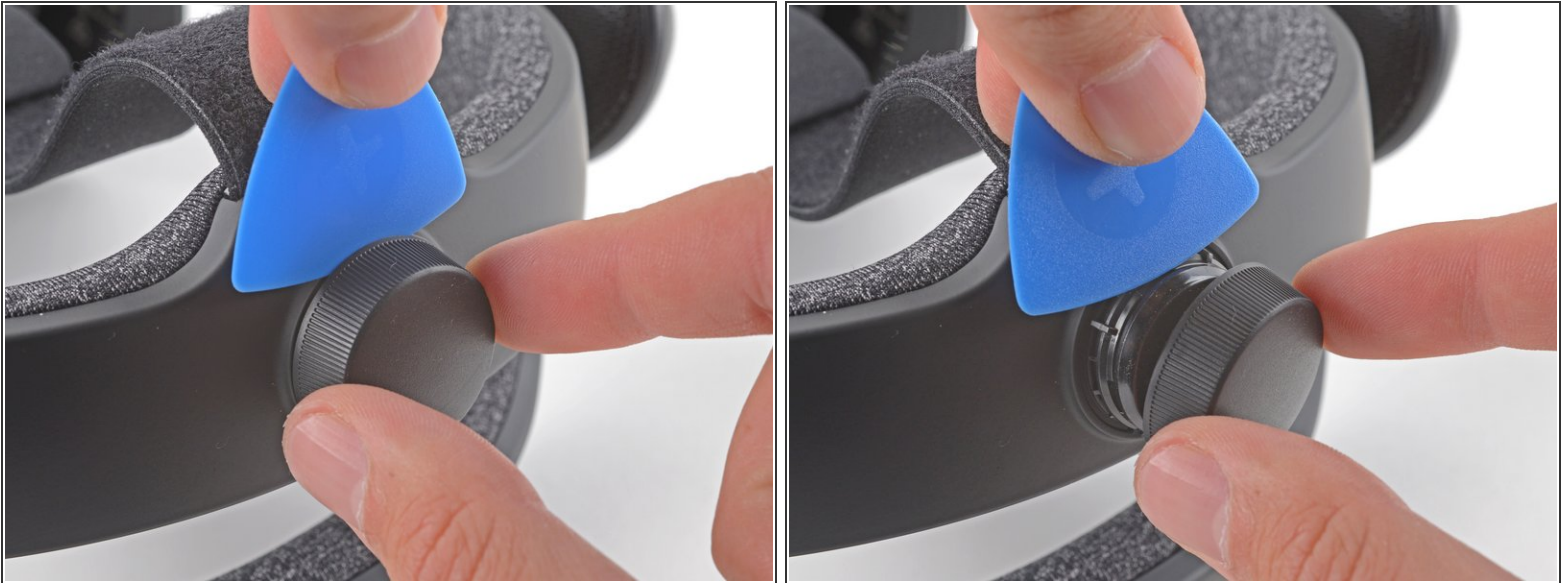
- [1 x Opening Picks](#) (1)



PARTS:

- [Valve Index Headset Head Strap Adjust Knob](#) (1)

Step 1 — Remove the head strap adjust knob



- Insert an opening pick between the head strap adjust knob and the head strap.
- Gently pry the head strap adjust knob off of the head strap.
- ⓘ Hold the knob with your other hand to prevent it from flying away from your work surface.
- ✦ To reinstall, simply press the knob back into place.

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.