



# Valve Index Headset Head Strap Replacement

Follow this guide to replace the head strap on...

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# INTRODUCTION

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

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



## TOOLS:

[Tweezers](#) (1)  
[1 x Opening Picks](#) (1)  
[Spudger](#) (1)  
[T5 Torx Screwdriver](#) (1)  
[T6 Torx Screwdriver](#) (1)



## PARTS:

[Valve Index Headset Head Strap](#) (1)

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### Step 1 — Adjust the eye tube relief



- Twist the eye tube relief knob clockwise to fully extend it.

## Step 2 — 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 3 — Reassembly tip



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

## Step 4 — Remove the head strap clip



- Insert the flat end of a spudger in between the bottom of the head strap clip and the head strap padding.
  - Pry up on the head strap clip until it is unclipped from the head strap.
- ✦ To reinstall, first locate the recesses on the head strap for mounting the clip. Next, align the clip with the recesses, verify the tether cable is threaded through the clip, then simply press the clip back into place.

## Step 5 — Remove the face gasket



- Use your hand to gently pull the face gasket straight off of the headset.
  - ❗ The face gasket is held in place by four magnets that secure to screws in the face bezel.
- ☑ Before installing a face gasket, ensure the [four screws](#) securing the face gasket bezel are installed. Otherwise, the face gasket will not stay in place.

## Step 6 — Separate the cable from the head strap guide



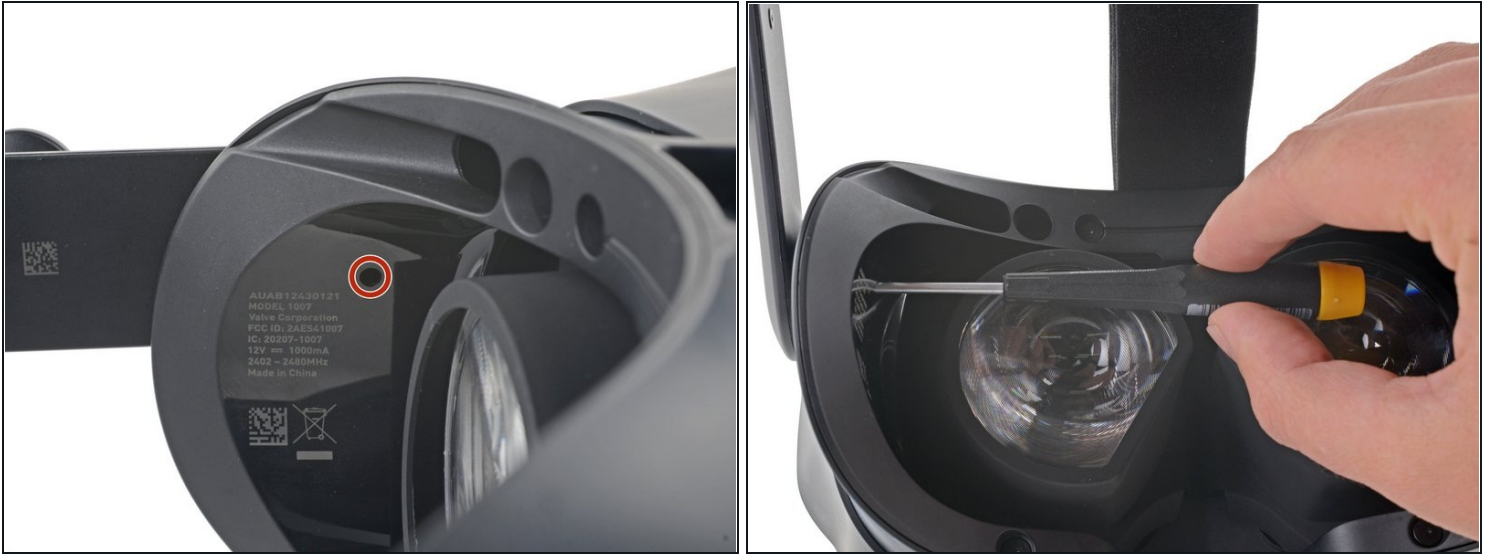
- Use your fingers to pull the tether cable straight up off of the head strap cable guide.

## Step 7 — Disconnect the tether cable



- Pull the tether cable straight back out of the headset.

## Step 8 — Head strap removal information



- ① The head strap can be removed without removing the face gasket bezel if you have the correct length driver. **If you are using your iFixit T6 driver, skip this step and proceed with removing the face gasket bezel.**
- ① Your T6 driver must have a shaft longer than 18 mm (0.7 in) and an overall length less than 140 mm (5.5 in).
- Insert your T6 Torx screwdriver into the hole on the face gasket bezel to remove the captive screw securing the left side of the head strap.
- Skip to step 12.

## Step 9 — Remove the face gasket bezel



- Use a T5 Torx screwdriver to remove the four 6.0 mm screws securing the face gasket bezel to the headset.

## Step 10



**⚠ Do not try and pry the face gasket bezel off, or you will damage the headset.**

- Grab the left edge of the face gasket bezel with your hand and slide it off of the headset.
- ☒ During reassembly, visually verify the clips on the face gasket bezel are aligned with the headset before sliding it into place.

## Step 11



- Repeat the previous step for the right side of the face gasket bezel.
- Remove the face gasket bezel.

## Step 12 — Remove the head strap



- Use a T6 Torx screwdriver to remove the two 6.6 mm screws underneath the eye relief knob.

## Step 13



- Pull the right end of the head strap straight off of the headset.
- ☒ During reassembly, ensure the head strap is correctly positioned on the alignment post.

## Step 14



- Use a T6 Torx screwdriver to loosen the screw securing the left side of the head strap to the headset.  
⚠ Don't let this screw fall inside the headset. It is **not** a captive screw and is difficult to retrieve.
- If the black plastic cap surrounding the cap limits access, use an opening pick to remove the cap.

## Step 15



- Pull the left end of the head strap straight off the headset.
- ☑ During reassembly, be careful not to let the screw fall into the headset. Use your driver to hold it in place from behind if necessary.

## Step 16



- Slide the head strap band out from the headset.
- The head strap is now fully removed.

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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.