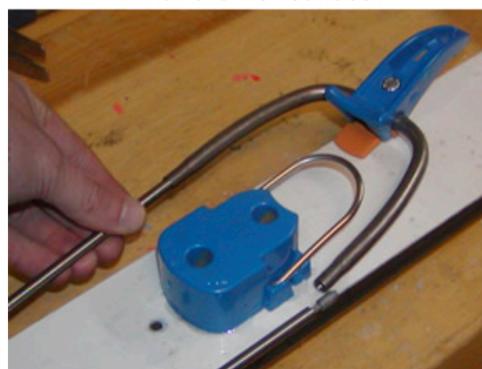
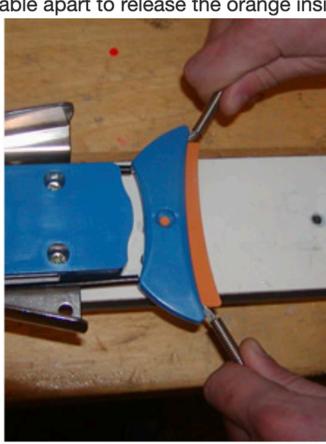
1. Remove the heel tube.



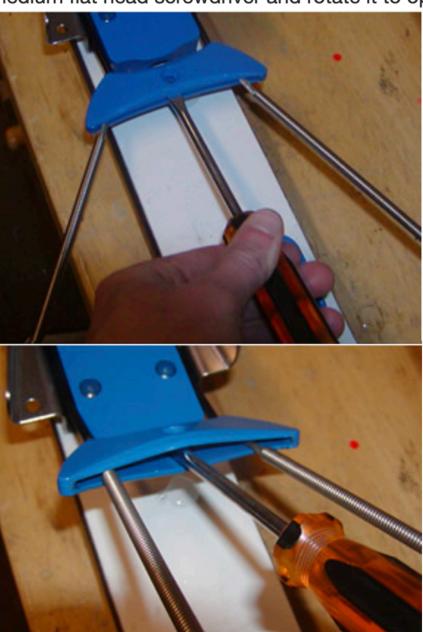
2. Unscrew the machine screw with a 1/8" hex wrench.



3. Pull the cable apart to release the orange inside spreader.



4. Insert the blade of a medium flat head screwdriver and rotate it to open up the old spreader.



5. Slide it over the coils.



6. Reverse the steps to install the new spreader, using channel-lock pliers to insert the inside spreader.

