

The Ergonomic Bassoon Hand Rest Post

Retrofitting and Adjusting the ErgoPost™ (Patent Pending)

Note: The ErgoPost can be installed on most Fox bassoons without requiring additional holes to be drilled.

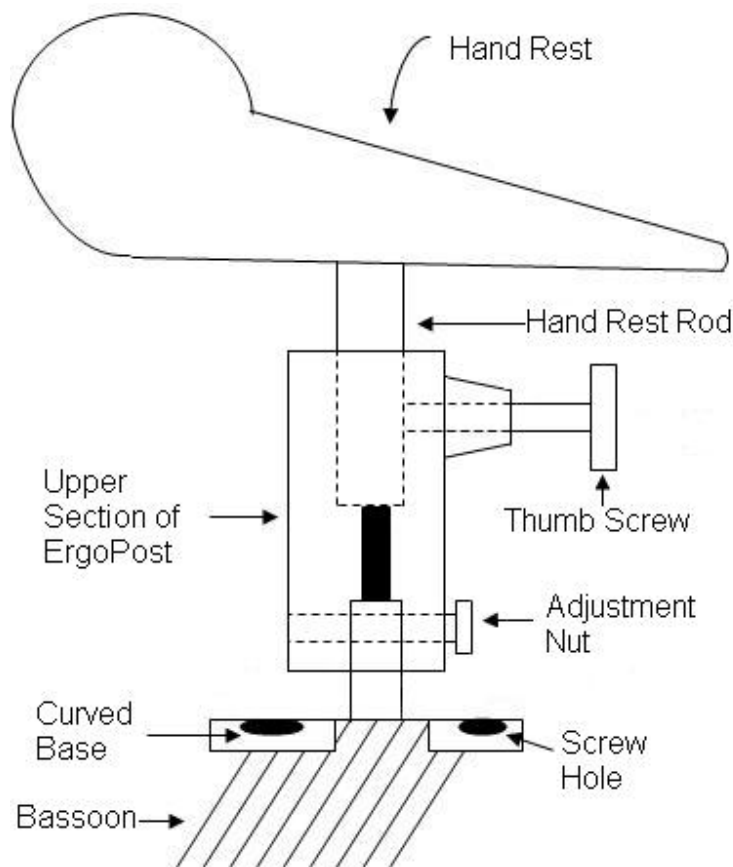
INSTALLATION

- 1) Remove the original hand rest post from the bassoon, retaining the screws.
- 2) Stand the original hand rest post and the ErgoPost upright on a level surface. Place the hand rest rod into the original hand rest post and record the distance from the base of the post to the hand rest. Repeat this procedure with the ErgoPost.
- 3) You will note that the hand rest sits higher in the ErgoPost than in the original hand rest. However, the ideal height will depend upon the adjustment angle chosen for the ErgoPost; therefore, the ErgoPost should first be tried without shortening the hand rest rod.
- 4) Make any other minor modifications required to install the ErgoPost. For instance, with some Fox Bassoons, additional material from the base of the ErgoPost may need to be removed to accommodate a C# key post.
- 5) Install the ErgoPost with the same screws used to attach the original hand rest post to the instrument. The slotted portion of the curved base should face the low E key.

- 6) If, after adjustment as described below, a lower hand rest position is desired, note that the difference in the heights measured in step 2 above defines the length of the rod which would have to be removed in order to achieve the same hand rest height with the ErgoPost as with the original post. Rather than removing this entire length, a lesser amount, for instance half, should be removed initially. Additional cuts can be made until the most comfortable height is achieved. A hacksaw, Dremel tool, or similar device works well to cut the hand rest rod. After shortening, smooth the end of the rod and remove any burrs.

ADJUSTMENT

- 7) Assemble the bassoon, insert the hand rest into the ErgoPost, and determine the adjustment angle at which the right hand is most comfortable. Fixing this position of the ErgoPost with your left hand, tighten the adjustment nut with your right hand using the supplied Allen wrench. Do not over tighten, in order to avoid pulling the screws from the body of the instrument. If preferred, the instrument can be disassembled before tightening the adjustment nut.
- 8) Readjust the pivot angle as desired by repeating step 7.
- 9) Enjoy a new comfortable playing position!



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