FITTING GUIDE

ANTI-RATTLE FOAM SLEEVE FOR INTERNAL CABLES

A 1.6 m soft foam sleeve, 6 mm inner diameter, to slip over the housings and hoses that run inside the frame: no more slapping against the tube walls, and the frame is protected from rubbing.



REF. VELKMOUSSBLCK160 · CABLES AND HOSES ≤ 6 MM · 1.6 M, CUT TO SIZE

Before fitting

- Fitting is done with the **cable out of the frame**: do it when replacing housings or bleeding the brakes. On a bike already cabled, the housing or hose must be disconnected at one end.
- Measure the internal run, from where it enters the tube to where it exits, and check that the frame port lets 12 mm through.
- Scissors, plus a guide wire or a magnet if needed to feed the assembly through.

Fitting, step by step

1. **Cut the foam** to the length of the internal run, with scissors, square.
2. **Slide it over the housing or hose** before feeding it into the frame: it slips over any cable up to 6 mm.
3. **Feed the assembly into the tube** following the routing intended by the bike manufacturer; the foam follows the bends.
4. **Check** that it does not interfere with other cables, the seatpost or any moving part, and that it is not pinched at the exit.
5. **Reconnect and test** brakes and shifting before riding. A disconnected hydraulic hose means a bleed.

DON'T

- Never force a hydraulic hose through a port that is too narrow: a crushed hose is a brake that stops working. Do not cut the foam with a blade on a cable in place.

Specifications

Length	≈ 1.6 m	Inner diameter	≈ 6 mm
Outer diameter	≈ 12 mm	Material	Soft foam
Colour	Black	Cables	Housings, hoses ≤ 6 mm

IF SOMETHING GOES WRONG

- **It still rattles**: another cable is slapping inside the tube, or the foam does not cover the whole run. Sleeve every cable along its full internal length.
- **The foam will not fit through the port**: do not force it; sleeve only the section of tube where the cable slaps, starting past the entry.
- **Shifting has become stiff**: the housing is pinched or bent too tightly. Redo the routing.

On video

Independent tutorial, scan to watch.

How to fix noisy internal cable rattle
Joey Mesa · English

Need help?

velkyne.com/contact
Our team answers your questions about fitting and compatibility.

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