

3. Apply a multipurpose grease to the balls and outer ramp sockets. Place a ball in each of three outer ramp sockets.
4. Hold coupling with button facing outboard. Place cable end in recess of coupling. With ball sockets facing outboard, place hook of inner ramp on button of coupling. Holding inner ramp and coupling together, turn the assembly over.
5. Place inner ramp (ball socket side down) over balls in outer ramp sockets.

⚠WARNING

Always wear proper eye protection when installing retaining rings. Slippage may propel the ring with enough force to cause serious eye injury. Use the correct retaining ring pliers. Verify that the tips of the pliers are not excessively worn or damaged.

6. Install the retaining ring so that the opening is to the right of the outer ramp tang slot in the clutch release cover.
7. Verify that the two locating dowels are in place on the right side of the transmission case. Hang a new gasket on the dowels.
8. Holding clutch release cover in position, install six socket head screws. The two screws with the round caps are installed in the holes at the bottom of the side cover. Tighten screws to 10-12 ft lbs (14-16 Nm) torque.
9. Tighten clutch cable fitting to 3.5 ft lbs (4.7 Nm) torque.
10. Check the O-ring on the transmission drain plug for tears, cuts or general deterioration. Replace as necessary.

⚠CAUTION

Do not overtighten filler plugs or drain plugs. Overtightening plugs can cause leaks.

11. Install transmission the drain plug. Tighten the plug to 14-30 ft lbs (19-41 Nm) torque.
12. Fill the transmission with 20-24 oz. (590-710 ml) of Harley Davidson TRANSMISSION LUBRICANT, Part No. 99992-84, or until the dipstick on the clutch release cover filler plug shows FULL with motorcycle in level, upright position and the dipstick resting on the threads.
13. Tighten the transmission filler plug (dipstick) in the clutch release cover to 25-75 in. lbs (2.8-8.5 Nm).
14. Route clutch cable as follows:

FLHTCU:

The clutch cable enters the left side of the inner fairing through a grommet next to the voltmeter. From the point where it exits the bottom of the fairing, the clutch cable is cable strapped to the back of the left frame downtube (at the approximate height of the rocker cover). See Figure 2-83. From here, it continues downward as it crosses to the right side of the vehicle behind the right frame downtube (just above the voltage regulator). Another clamp secures the cable at the bottom of the timing cover where it is then threaded into the clutch release cover. See Figure 2-84.



Figure 2-83. FLHTCU Clutch Cable Routing (Left Side)



Figure 2-84. Timing Cover Clamp - All Models (Right Side)

FLTCU:

See Figure 2-85. A bracket locates the cable on the upper inside fairing (left side) and guides it downward through a clamp fastened to the lower fairing. Just below this point, the cable is cable strapped to the back of the left frame downtube. From here, it continues downward as it crosses to the right side of the vehicle behind the right frame downtube (just above the voltage regulator). Another clamp secures the cable at the bottom of the timing cover where it is then threaded into the clutch release cover. See Figure 2-84.

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leben mit multipler sklerose kkh - Aug 10 2022

web bei multipler sklerose möglich je nachdem wie stark die beschwerden sind können sie die eigen ständigkeit und die lebensqualität nicht wenig oder stark einschränken wer erkrankt an multipler sklerose1 am häufigsten erkranken erwachsene im alter von 20 bis 40 jahren an multipler sklerose frauen be

in bewegung bleiben gesund leben - Mar 05 2022

web lebensjahr auf und in bis zu fünf prozent der fälle bereits im kindes und jugendalter unter den ms betroffenen in Österreich sind 69 prozent frauen berichtet die Österreichische multiple sklerose gesellschaft epstein barr virus verantwortlich jedes jahr treten hochgerechnet 450 neue fälle von multipler sklerose in Österreich auf

sport und bewegung bei ms body mind impulse by doris - Jan 15 2023

web feb 5 2022 zahlreiche studien belegen die positiven effekte von bewegung bei ms denn regelmäßige körperliche aktivität stärkt die muskulatur verbessert die ausdauer steigert die leistungsfähigkeit stärkt das immunsystem und auch die **multiple sklerose ms und sport dmsg** - Mar 17 2023

web ms und sport sport und bewegung sind gut für körper und seele das gilt auch für menschen mit multiple sklerose wer regelmäßig in bewegung ist bringt sein herz kreislauf system in schwingung reduziert überflüssiges körperfett senkt den cholesterinspiegel und beugt depressionen vor

mit multiple sklerose in bewegung bleiben bewegungstraining - Jun 08 2022

web sep 1 2023 das gilt auch und gerade für menschen mit multipler sklerose zahlreiche studien belegen dass sich regelmäßige bewegung und körperliches training positiv auf den krankheitsverlauf auswirken so können typische ms symptome wie fatigue spastik schwächen oder auch koordinationsprobleme gelindert werden

aktiv bleiben mit multipler sklerose ms ms ich - Sep 23 2023

web erfahren sie wie sie mit multipler sklerose ms aktiv bleiben und ihre bewegungsfreiheit erhalten können entdecken sie die vielfältigen möglichkeiten von msundichbewegt auf msundich de und lassen sie sich von inspirierenden geschichten Übungen und tipps für ein aktives leben mit ms begeistern

multiple sklerose bewegungsübungen und training ms ich - Aug 22 2023

vor langer zeit hieß es ms und sport würden sich nicht vertragen diese sichtsweise gilt mittlerweile als widerlegt heute ist die gesundheitsfördernde wirkung von sport auch bei multipler sklerose unumstritten bewegungsübungen können bei der behandlung von ms sogar wichtige therapiebausteine sein