



# Adjust Goose-neck (adjustable quill stem) on Specialized Expedition

If the handle bars are too low or too high, adjust the height of the goose-neck (adjustable quill stem) to a point where it is more comfortable.

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## INTRODUCTION

This guide will show you how to adjust the height of the handle bars and align the stem with the front wheel.

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### TOOLS:

- [Allen Wrench](#) (1)
  - [Flathead Screwdriver](#) (1)
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## Step 1 — Adjust Goose-neck (adjustable quill stem) on Specialized Expedition



- Remove the bolt cover with a flathead screwdriver.

## Step 2



- Loosen the goose-neck (adjustable quill stem) with a 6 mm Allen wrench.
- After loosening the goose-neck (adjustable quill stem), it still may be stiff. Hold the wheel from turning and twist the handlebars from side to side.
- If quill stem is still stuck then place 6 mm Allen wrench firmly into bolt and tap with a mallet.
- Position the handlebars to your preferred height. Make sure not to pull cable and housing to tight. It could adversely effect shifting and braking performance.
- Make sure you don't raise quill stem above minimum insert line.

### Step 3



- Align the direction of the goose-neck (adjustable quill stem) with the front tire.
- Firmly tighten the goose-neck (adjustable quill stem) bolt using a 6 mm Allen wrench.
- Pop the bolt cover back on.
- If calling a bicycle repair shop, refer to it as a adjustable quill stem (technical term) instead of goose-neck as mechanic may not know what you are talking about.

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