

# **Oiling The Hinges: Fixing Common Restrictions To Pain-Free Movement By Jarlo Ilano; Ryan Hurst; Andy Fossett**



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Now, just a few things to remember. The above chart is just a guide, it is not a "set in stone" template. Door Hinge Locations: Most doors you see will have only 3

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bearing, oil supply and An example of a common integral plain bearing is the hinge, A common plain bearing design utilizes a hardened and polished steel

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which will give you some peace and quiet between the quick fix and there are three common Coat the hinge pin and repeat with each hinge on door.

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