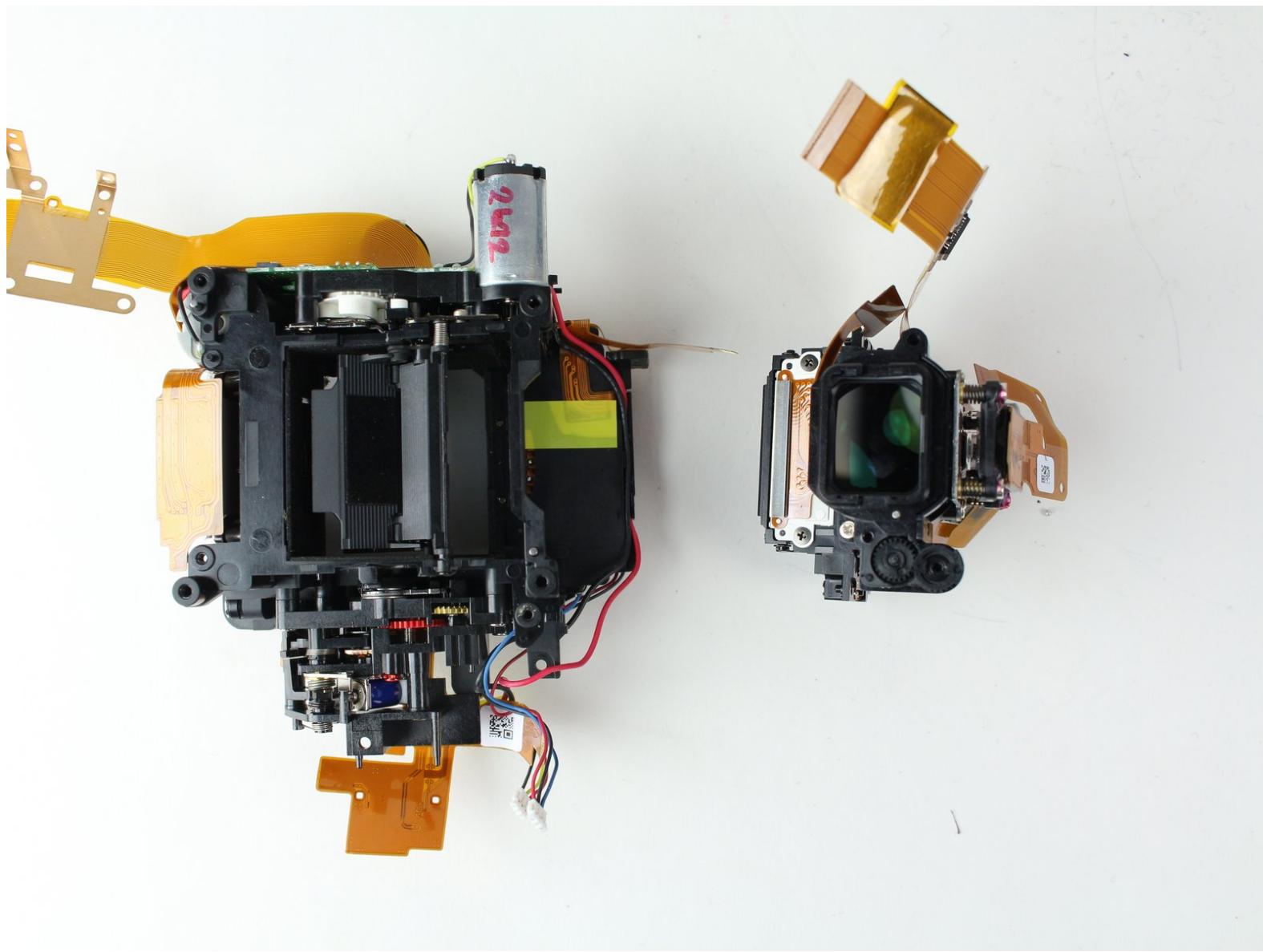




Nikon D7000 Mirror Box & Viewfinder Replacement

This guide will help you replace the mirror box and viewfinder in the Nikon D7000.

Written By: Thomas Willson



INTRODUCTION

Use this guide to replace the mirror box and viewfinder.

TOOLS:

- Metal Spudger (1)
- Phillips #0 Screwdriver (1)
- Spudger (1)
- Tweezers (1)
- Soldering Iron (1)

Step 1 — Motherboard



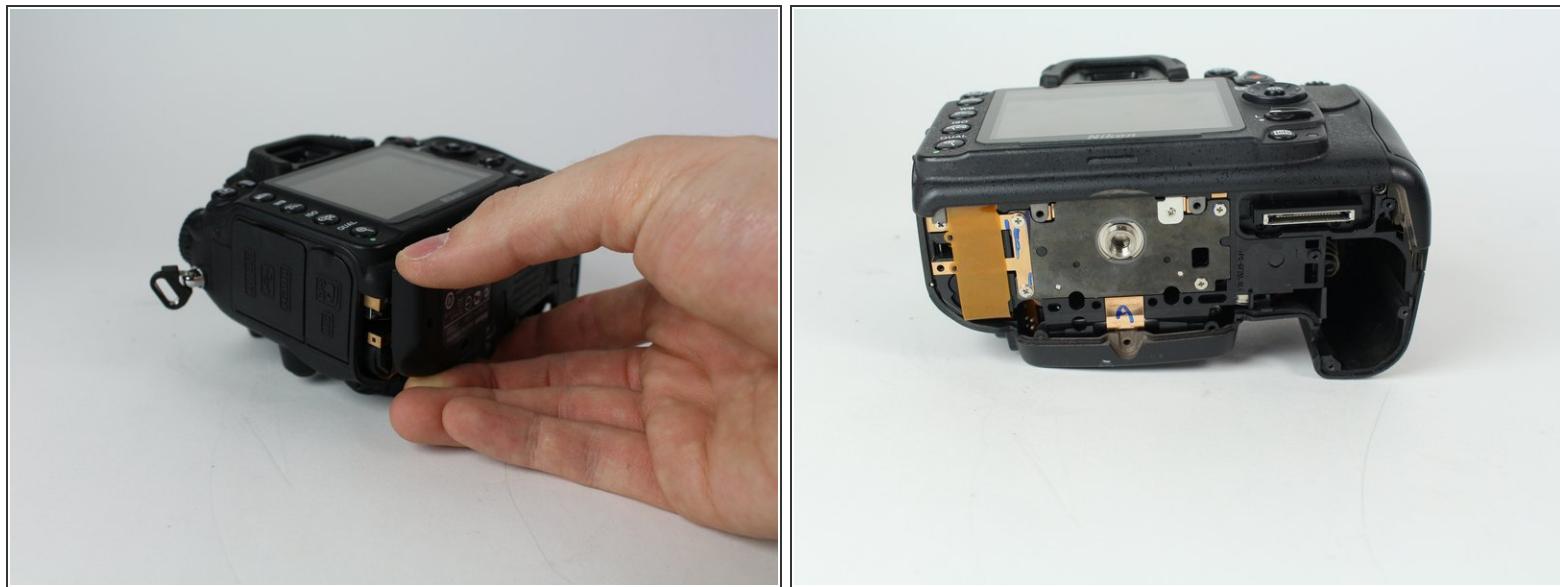
- Remove the following 5 screws securing the bottom cover to the camera body:
 - Four 6 mm J000 screws.
 - One 8 mm J000 screw (under lens mount).

Step 2



- Remove three 6 mm J000 screws from under the battery cover.

Step 3



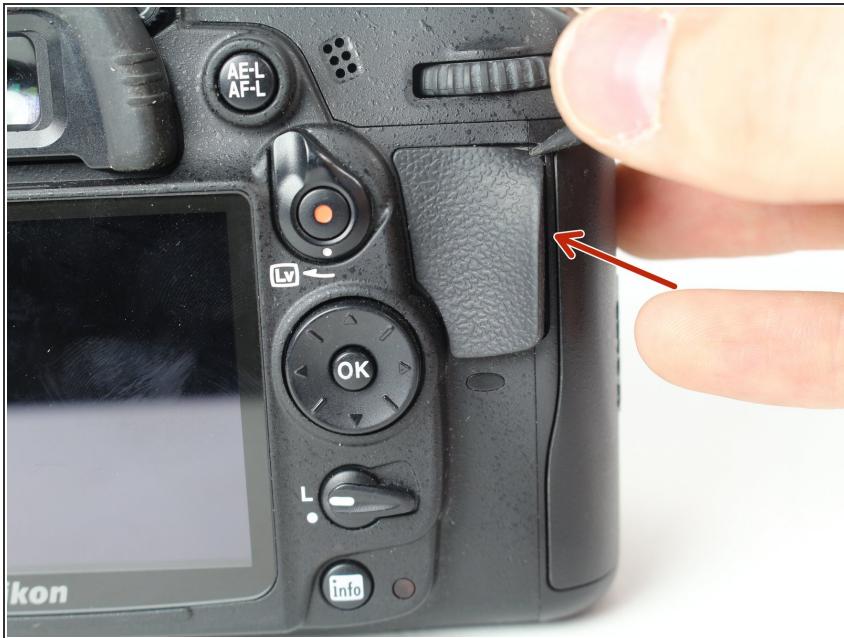
- Gently pull the bottom cover off of the camera body.

Step 4



- Remove the following screws from the port area:
 - Two 3.5 mm J000 screws.
 - One 6 mm J000 screw (right above ports).

Step 5



- Peel the rear rubber piece off with tweezers.

Step 6



- Remove one 4.25 mm J000 screw from behind the rear rubber piece.

Step 7



- Pull the eyepiece cover up to remove it.

Step 8



- Remove two 6 mm J000 screws from behind the eyepiece cover.
- On D7100 models, there is an additional screw holding the back plate on. This screw is located in the diopter (dial with + - on it). This screw can be accessed by peeling up this sticker on the diopter.

Step 9



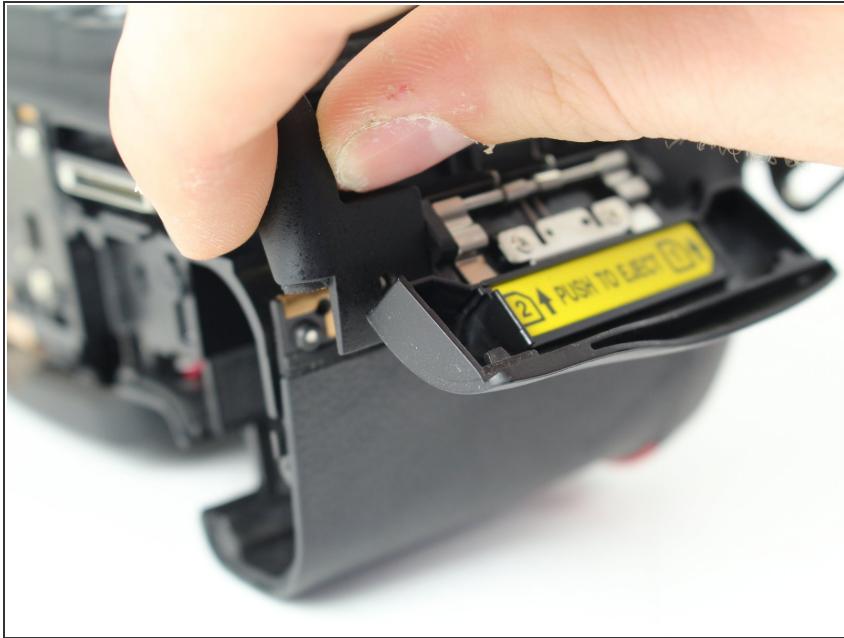
- Open the SD card cover by pushing slightly down with your thumb and sliding up.

Step 10



- Remove four 6 mm J000 screws that secure the SD card cover.

Step 11



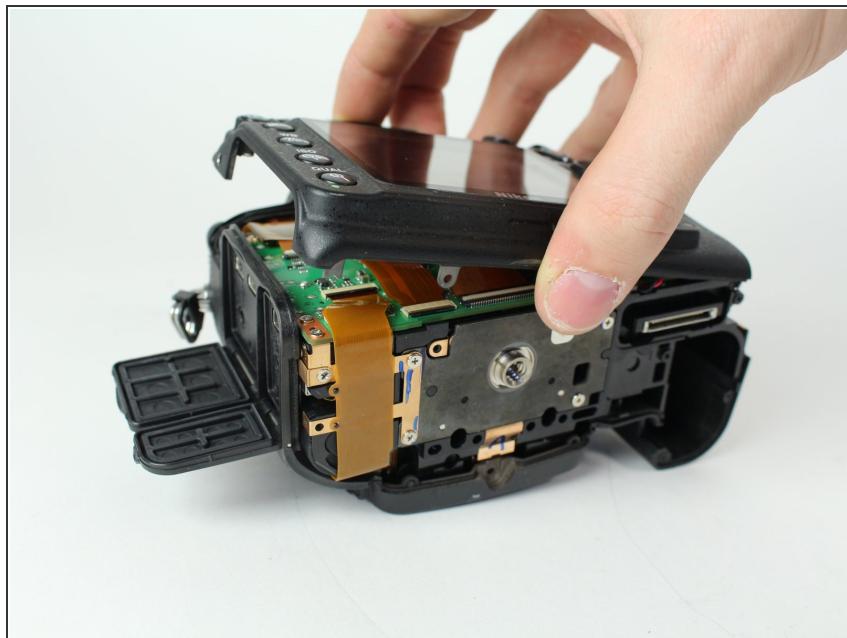
- Gently pull the SD card cover off.

Step 12



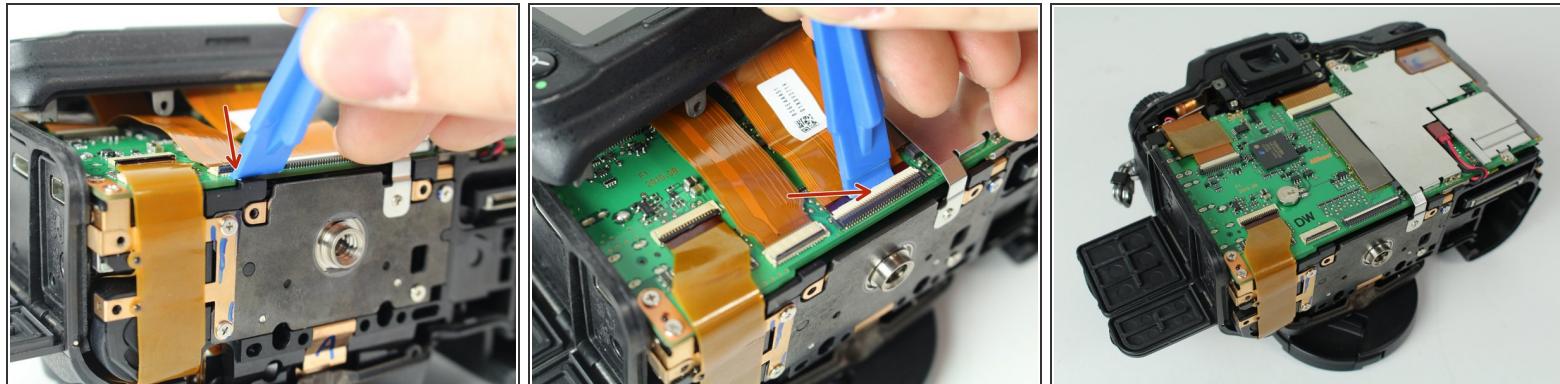
- Remove the following screws that secure the back case:
 - One 6 mm J000 screw.
 - One 3 mm J000 screw.

Step 13



- Carefully lift the back case off.

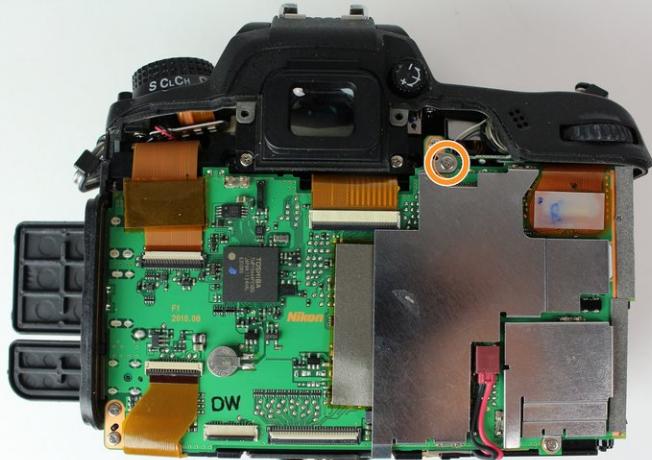
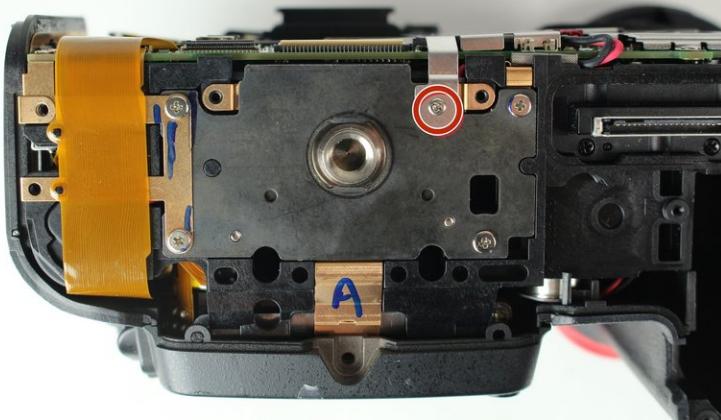
Step 14



- Disconnect the following two ribbon cables from the motherboard.

ⓘ See our [Cable Connector Guide](#) for help with ribbon cable connectors!

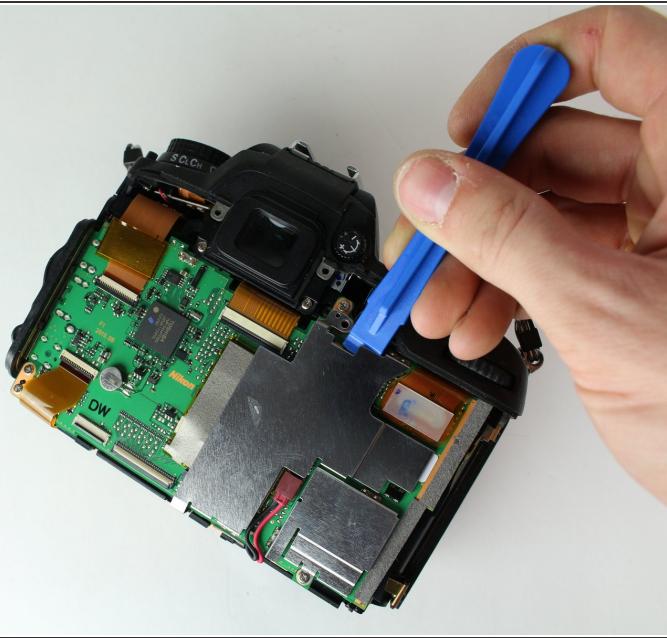
Step 15



- Remove the following screws securing the left motherboard shield:
 - One 2 mm J000 screw (on the bottom).
 - One 3.5 mm J000 screw (on the back).

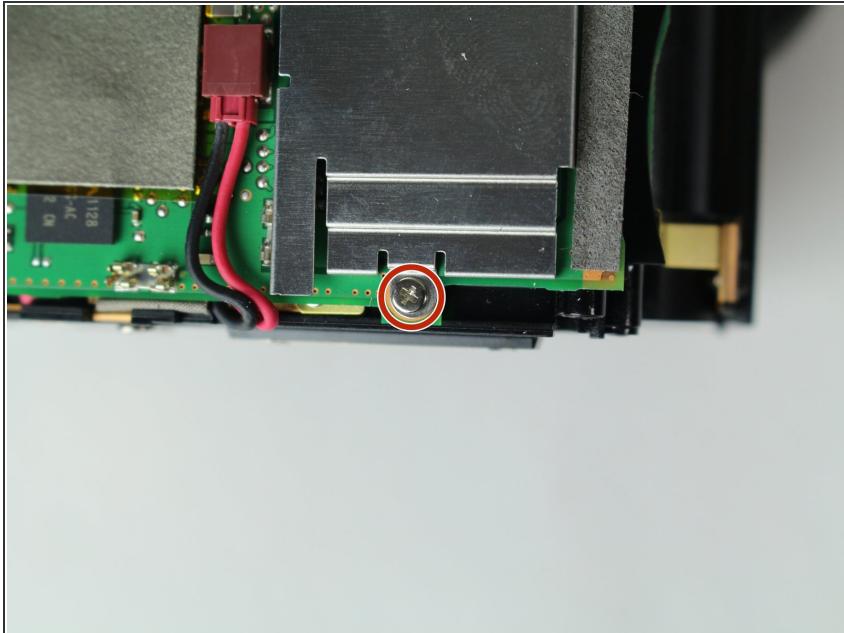
 Be careful of the grounding clips on the motherboard.

Step 16



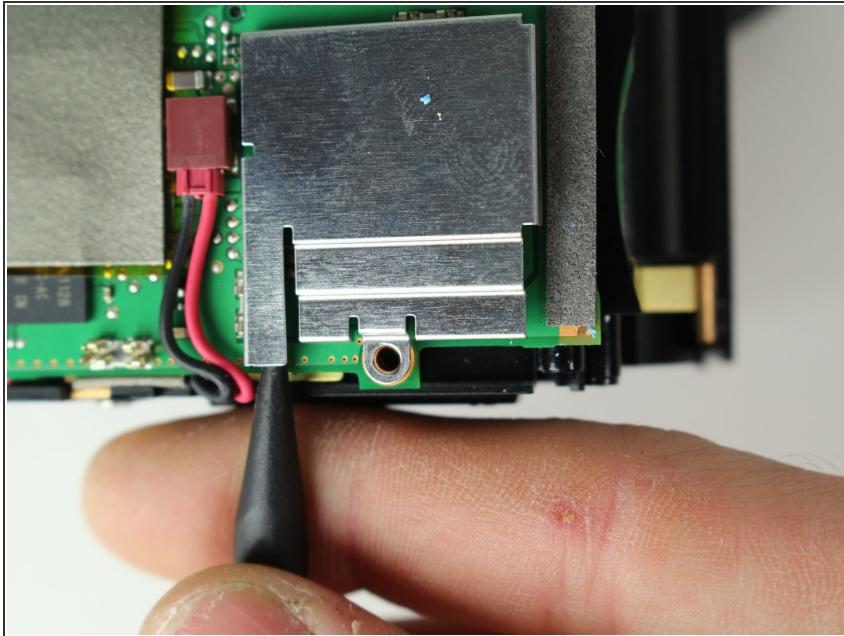
- Gently pry and lift the left motherboard shield off.

Step 17



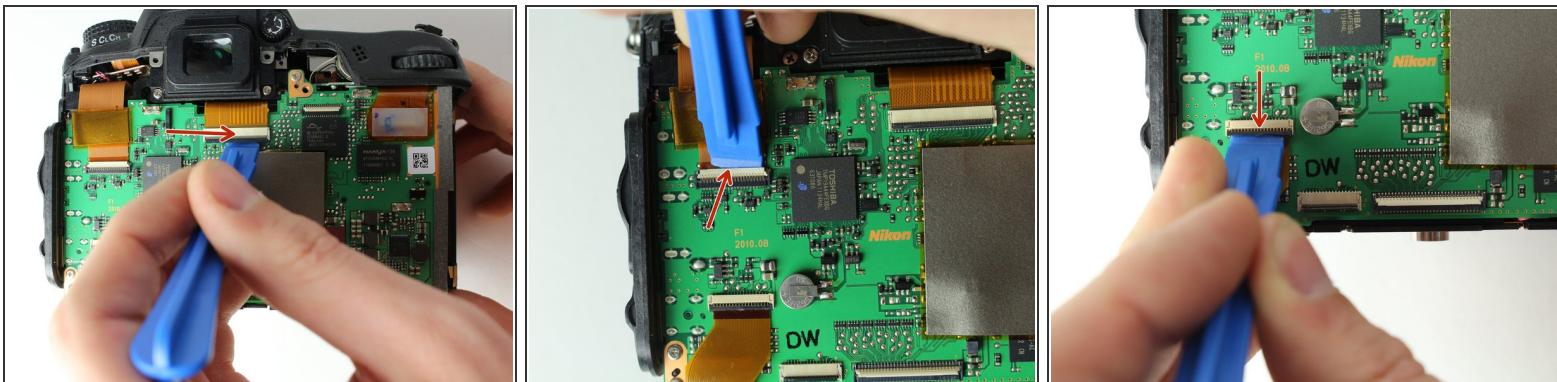
- Remove one 3.5 mm J000 screw securing the right motherboard shield.

Step 18



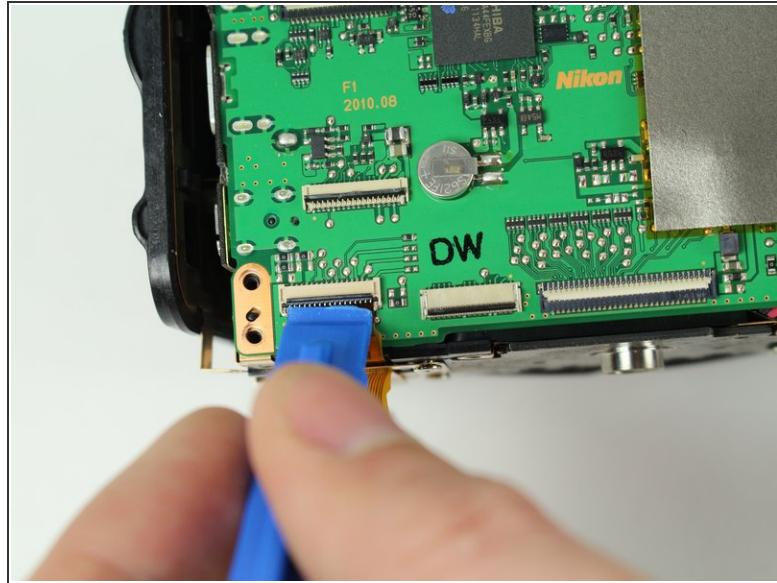
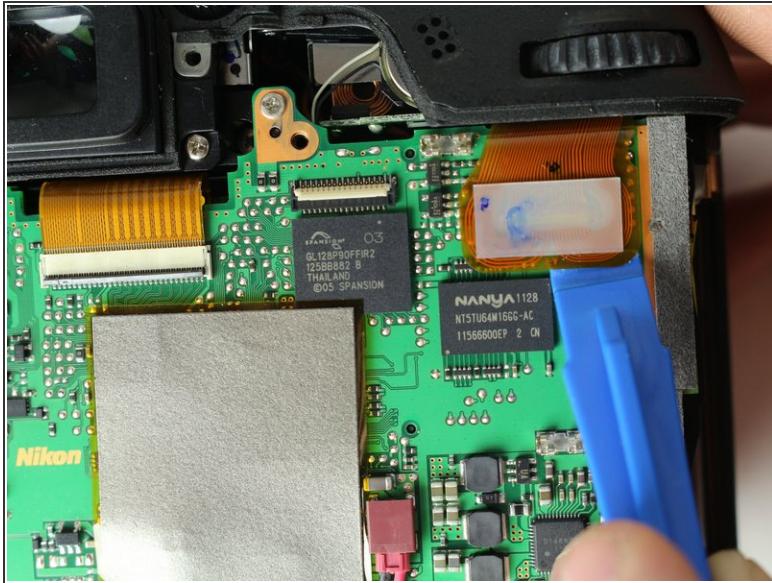
- Gently lift the right motherboard shield off with the tip of a spudger.

Step 19



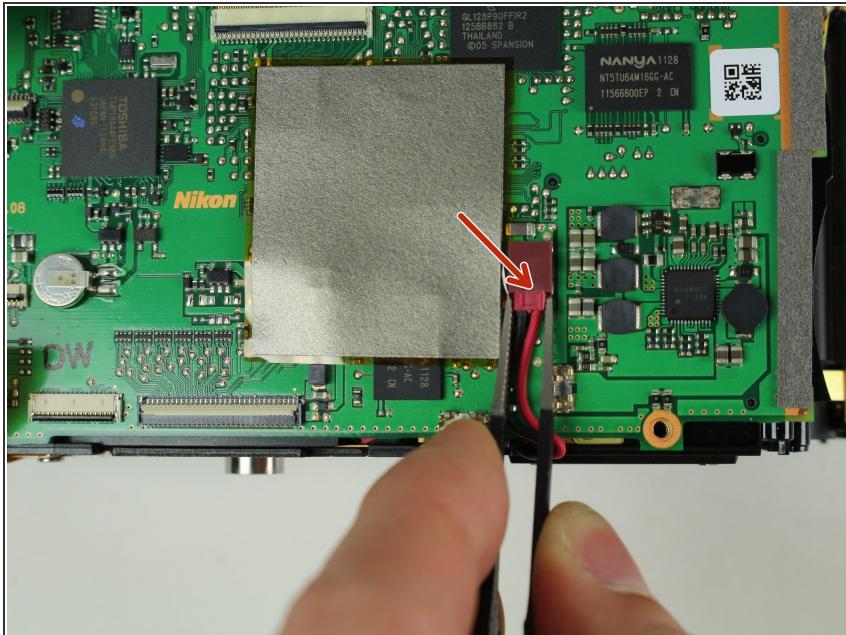
- Disconnect remaining ribbon cables.

Step 20



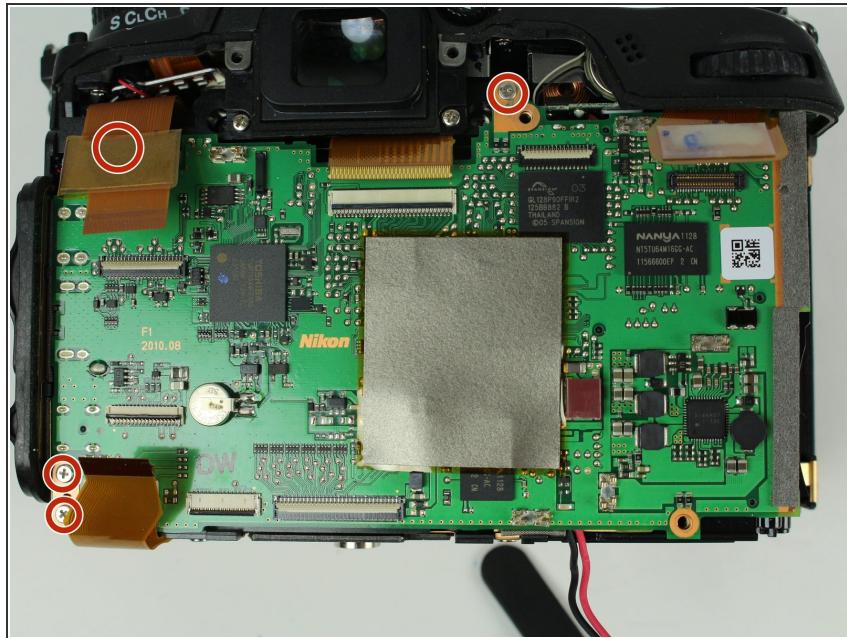
- Disconnect remaining ribbon cables.

Step 21



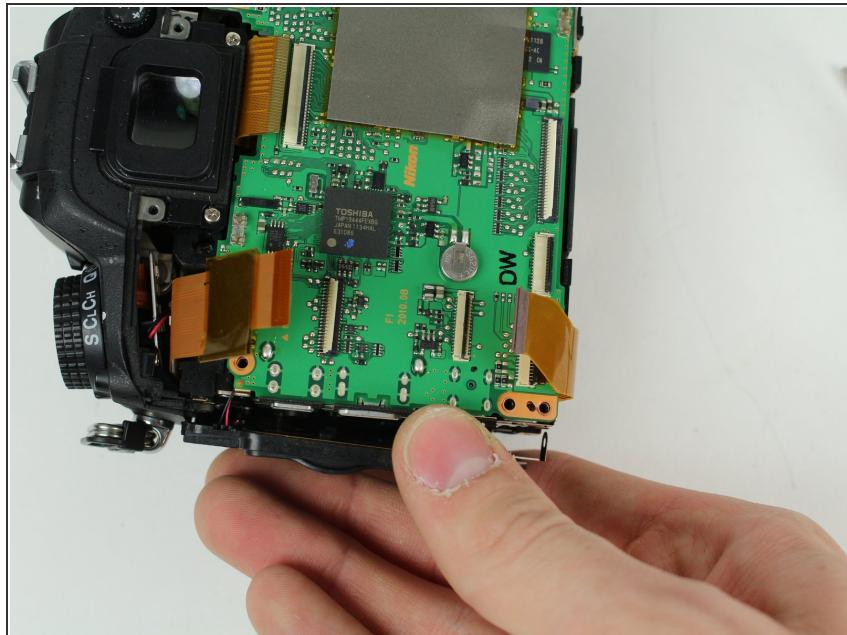
- Carefully disconnect the red connector with tweezers.

Step 22



- Remove four 3.5 mm J000 screws securing the motherboard.

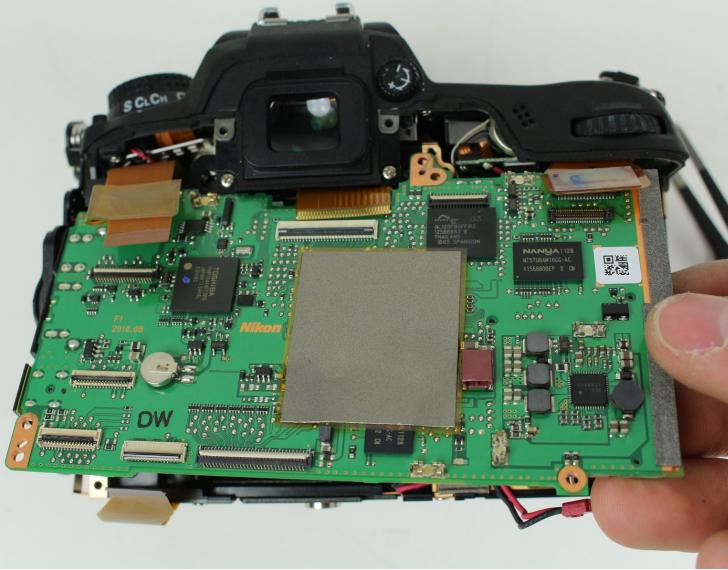
Step 23



- Gently pull the port side cover away from the motherboard.

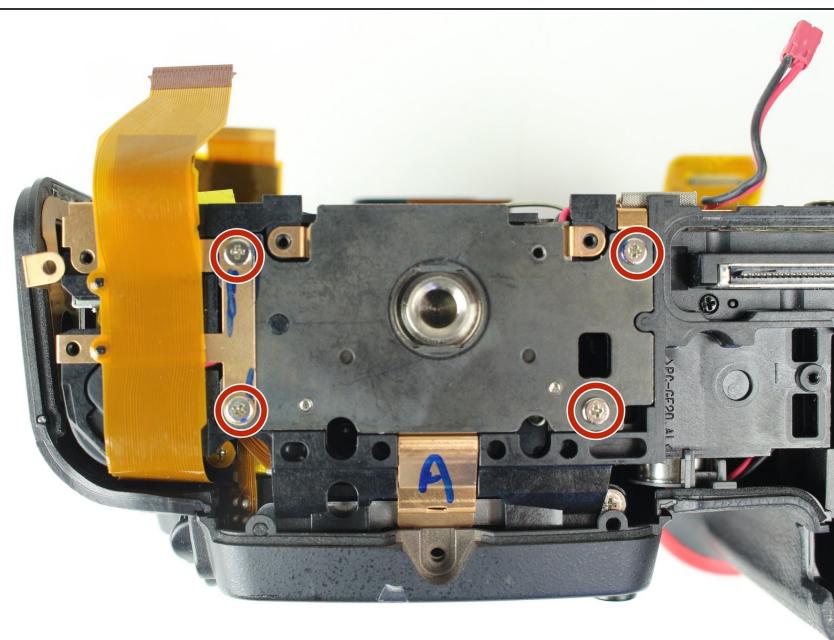
Step 24

- Lift the motherboard off.

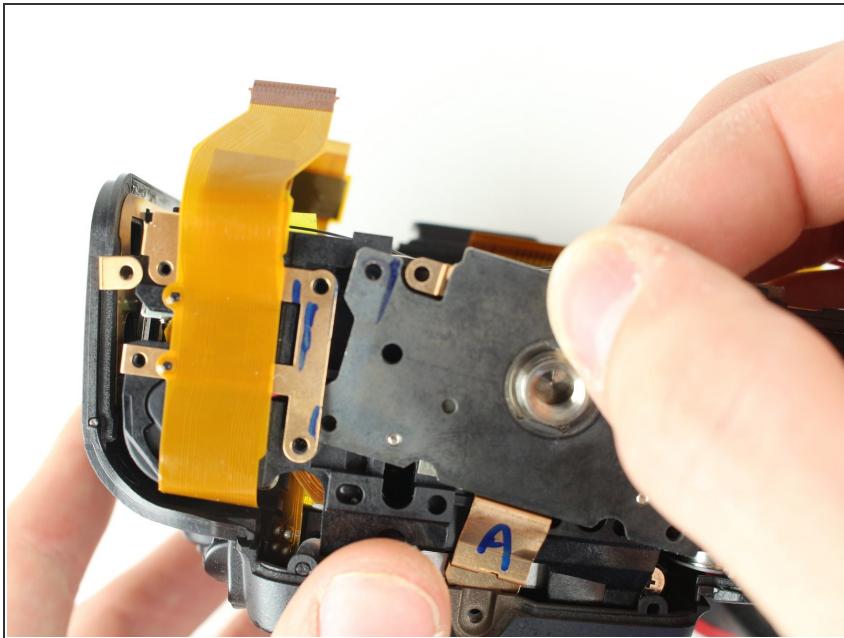


Step 25 — Tripod Plate

- Remove four 6 mm J000 screws securing the tripod plate.

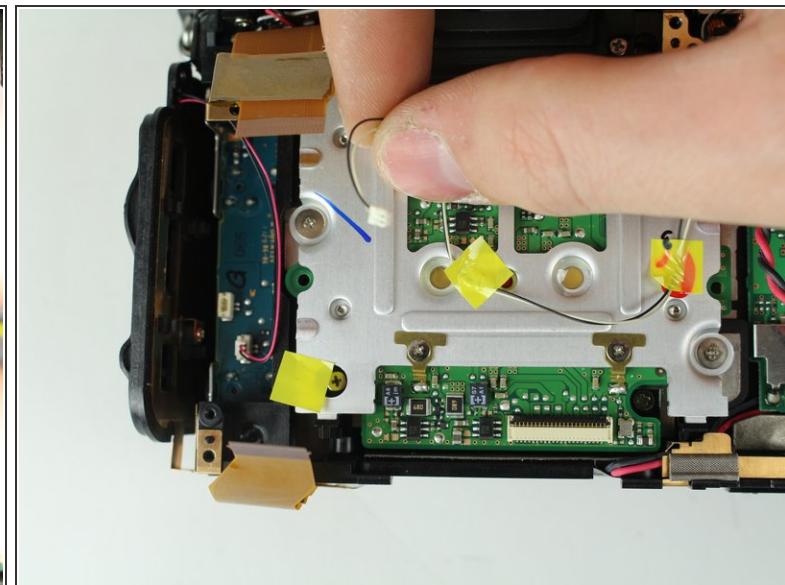
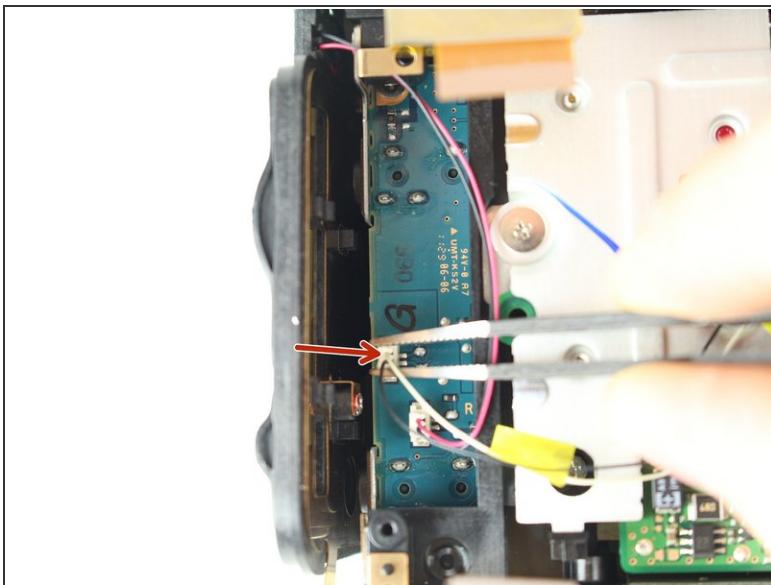


Step 26



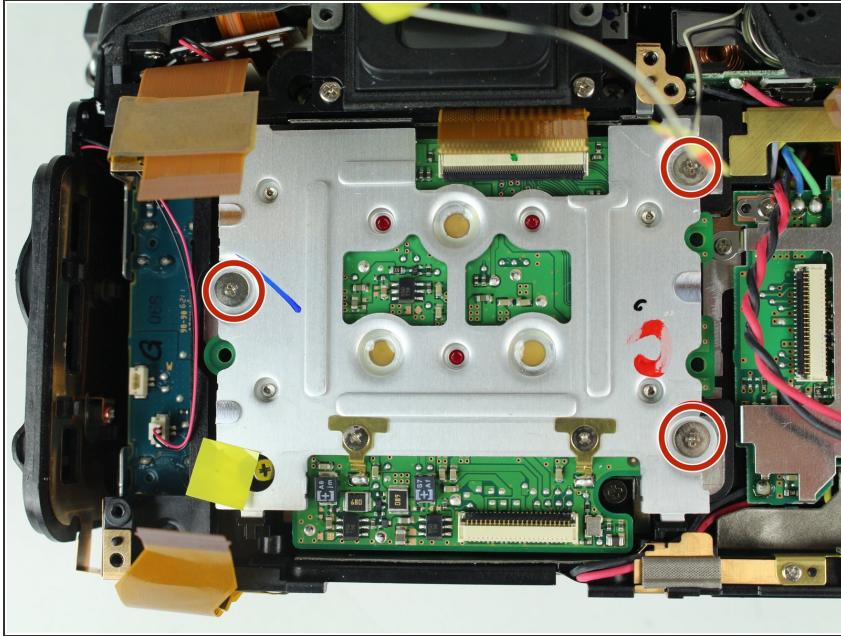
- Carefully lift the tripod plate from the backside of the camera and slide out the grounding clip from under the lens mount.

Step 27 — Image Sensor



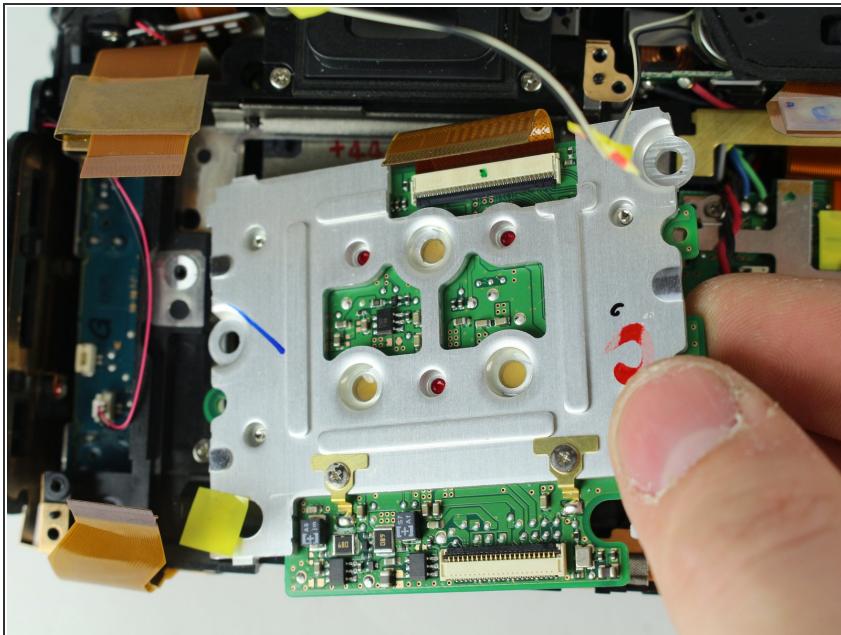
- Disconnect black and white speaker cable.

Step 28



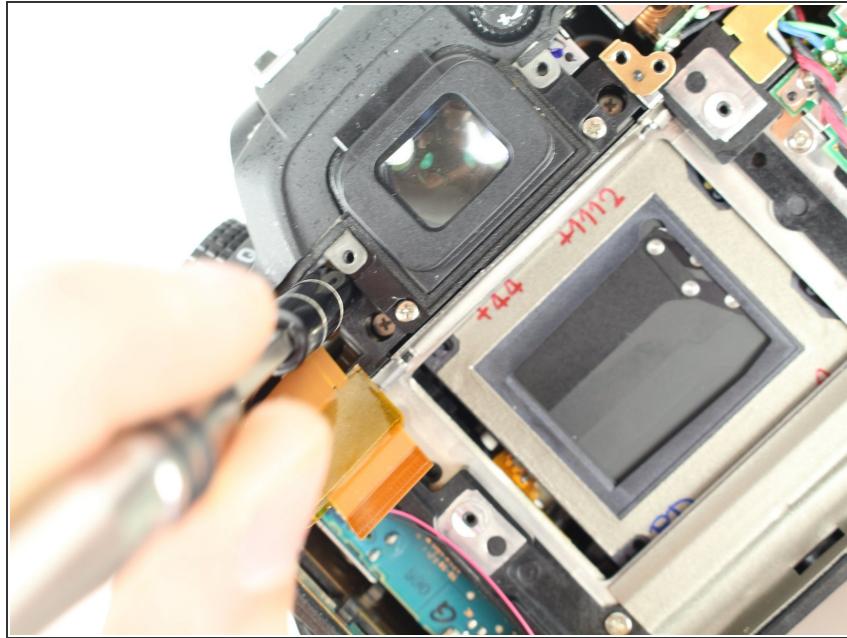
- Remove three 6 mm J000 screws securing the image sensor.

Step 29



- Carefully lift the image sensor plate out of the camera.

Step 30 — Shutter Assembly



- Manually pop up flash by inserting a screw driver to the left of the viewfinder and pressing on the metal lever.

 It won't take much pressure. Press carefully and the flash will pop up when you find the right spot.

Step 31



- Remove two 5 mm J000 screws from under the flash.

Step 32



- Remove two 3 mm J000 screws securing the front cover.

Step 33



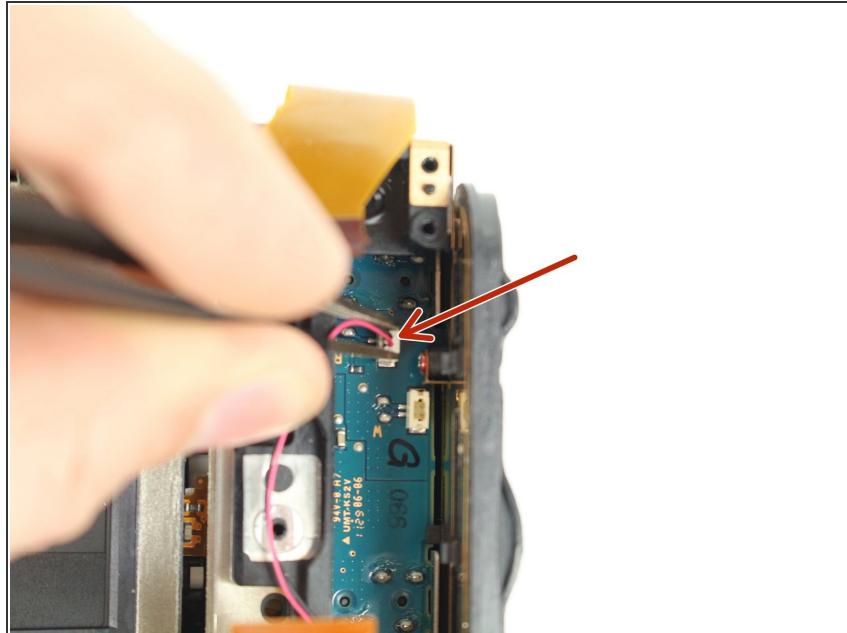
- Remove the front cover.

Step 34



- Carefully remove the port cover.

Step 35



- Deroute the microphone cable.

Step 36



- Remove one 4 mm J000 screw from the front.

Step 37



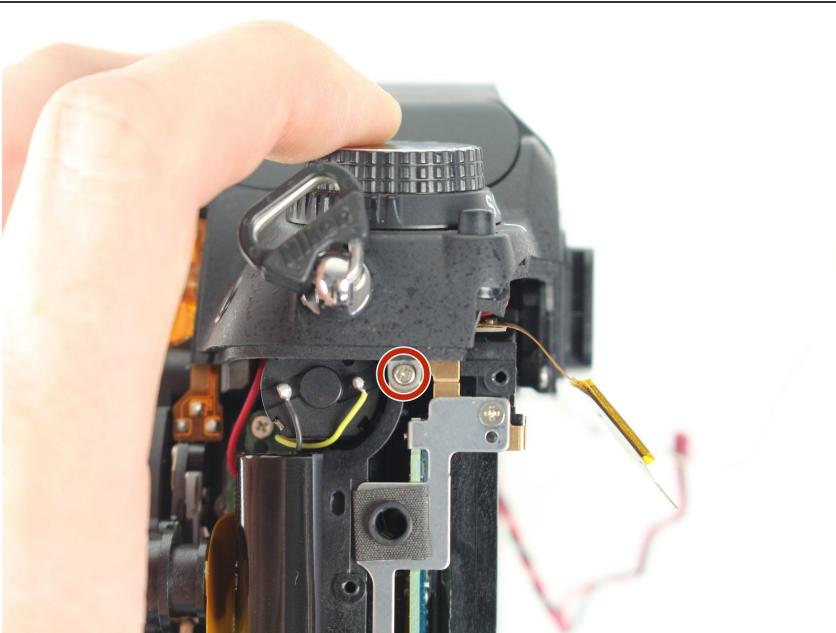
- Remove one 8.5 mm J000 screw from the battery compartment.

Step 38



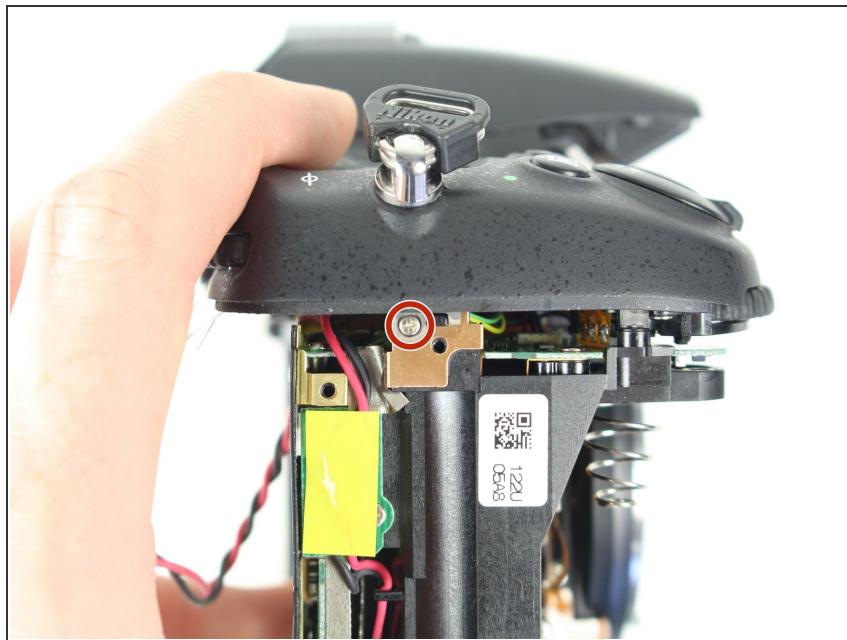
- Remove the grip carefully.

Step 39



- Remove one 4 mm J000 screw securing the top case (under right strap hook).

Step 40



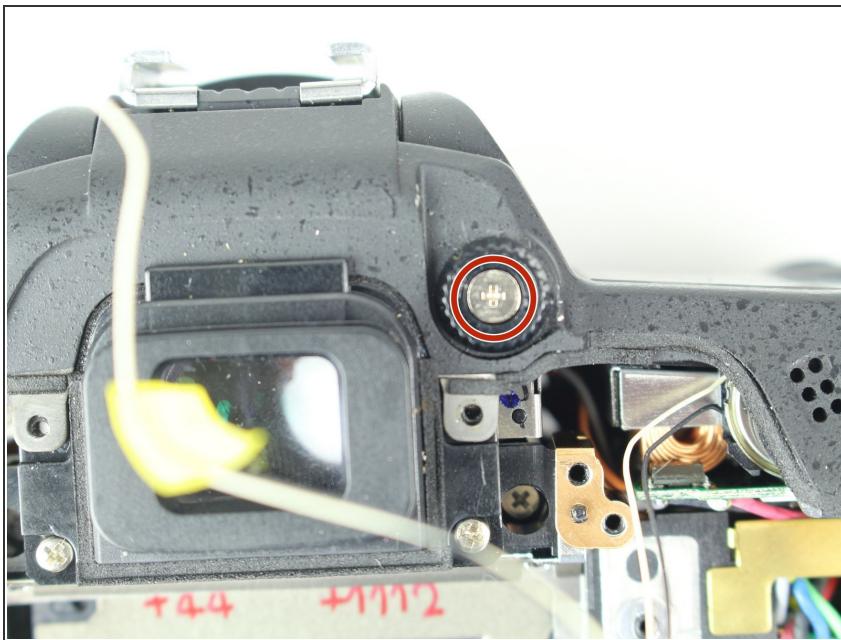
- Remove one 4 mm J000 screw securing the top case (under left strap hook).

Step 41



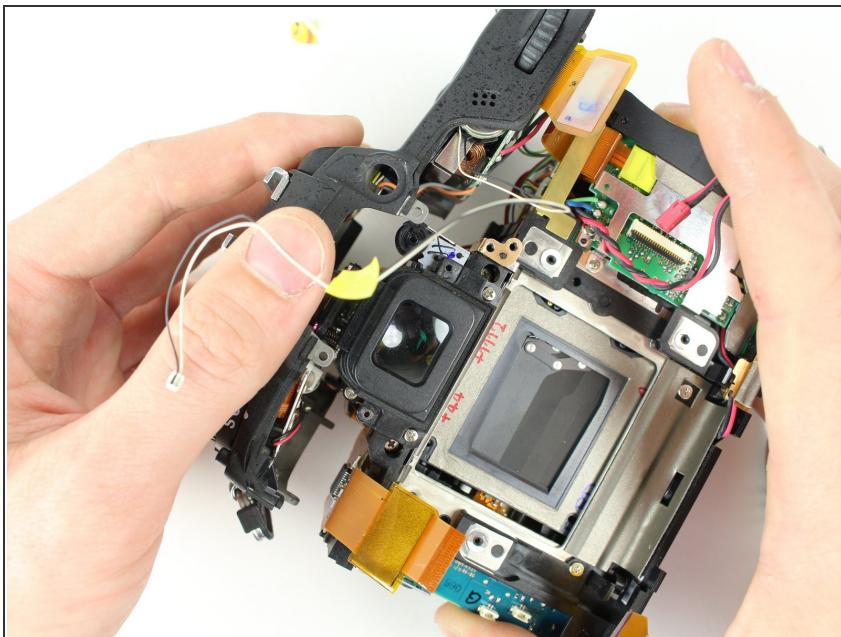
- Remove the sticker covering the diopter adjust screw.

Step 42



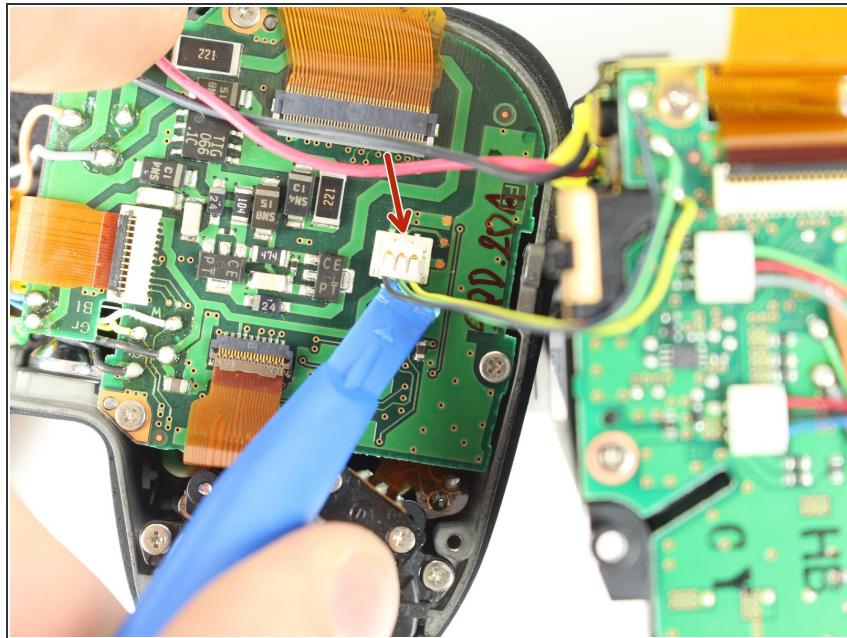
- Remove one 8.0 mm J000 screw.
- Remove the Diopeter Adjust.

Step 43



- Remove the top case.

Step 44



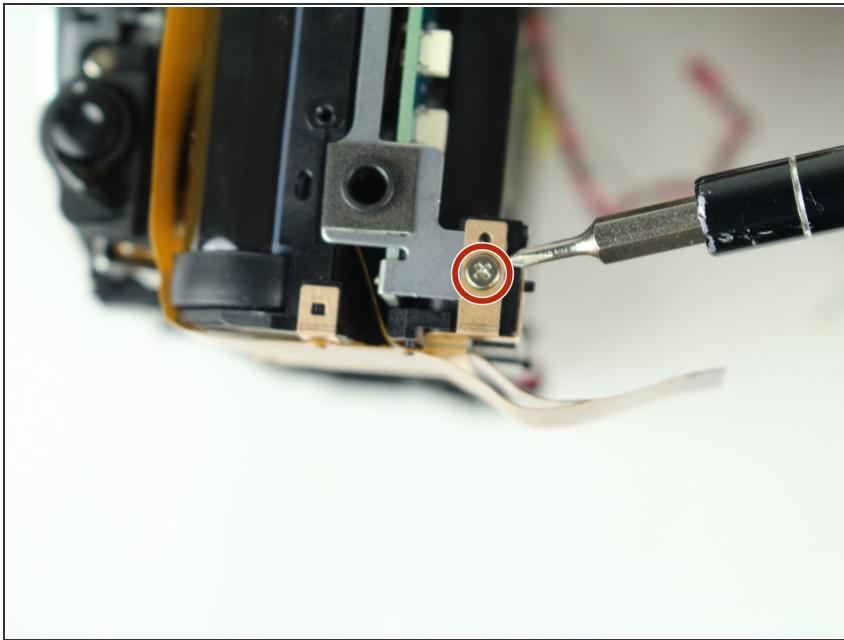
- Remove the Black, Yellow, Green cable from the top case board.

Step 45



- Remove two 6.5 mm J000 screws securing the viewfinder.
- Remove the viewfinder cover.

Step 46



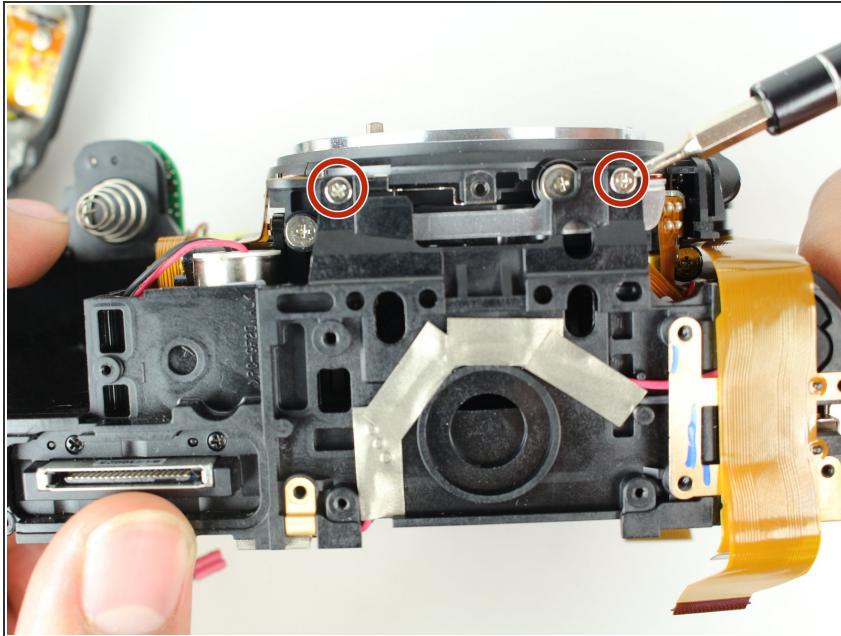
- Remove one 3 mm J000 screw from the bottom left side of the camera.

Step 47



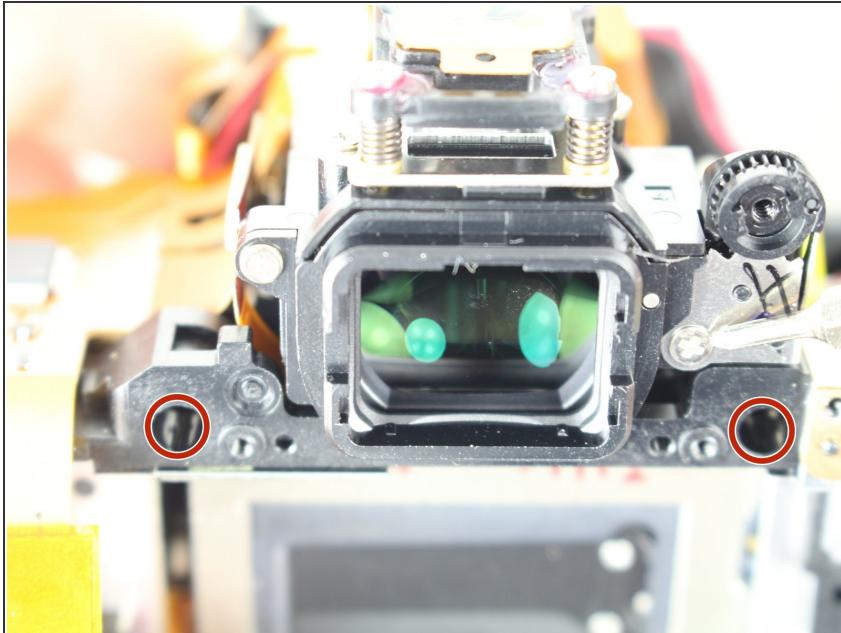
- Remove two 6 mm J000 screws from the left of the shutter.

Step 48



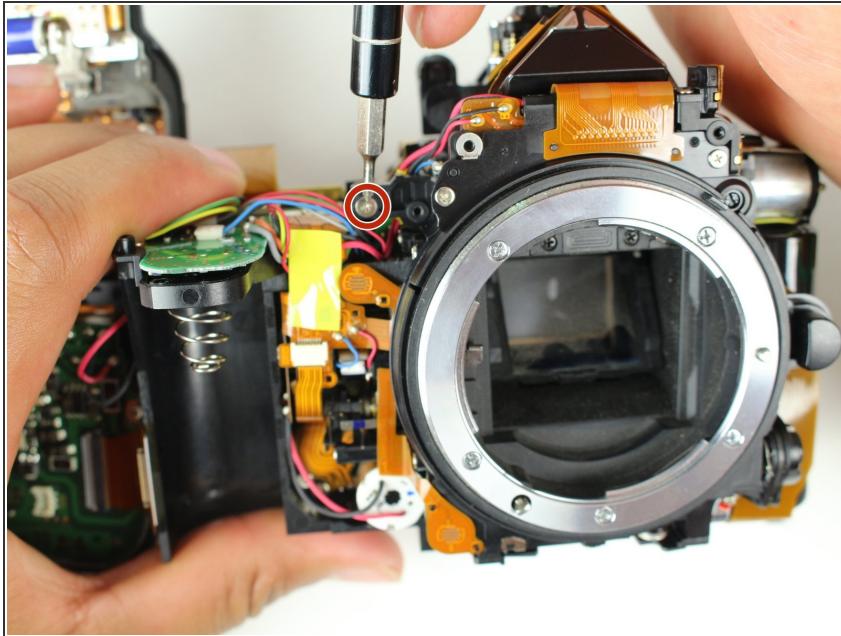
- Remove two 6.5 mm J000 screws from beneath the lens mount.

Step 49



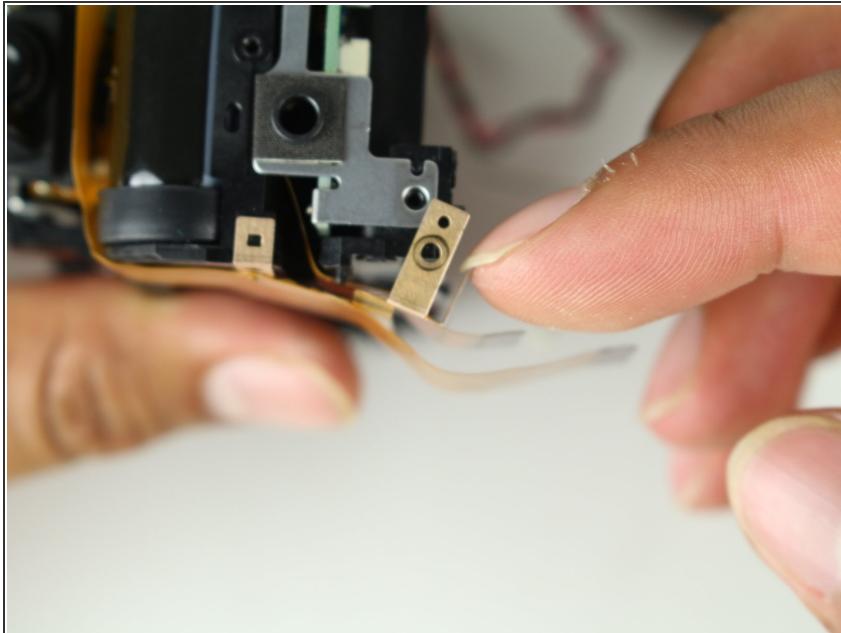
- Remove two screws from just below and to the sides of the viewfinder.

Step 50



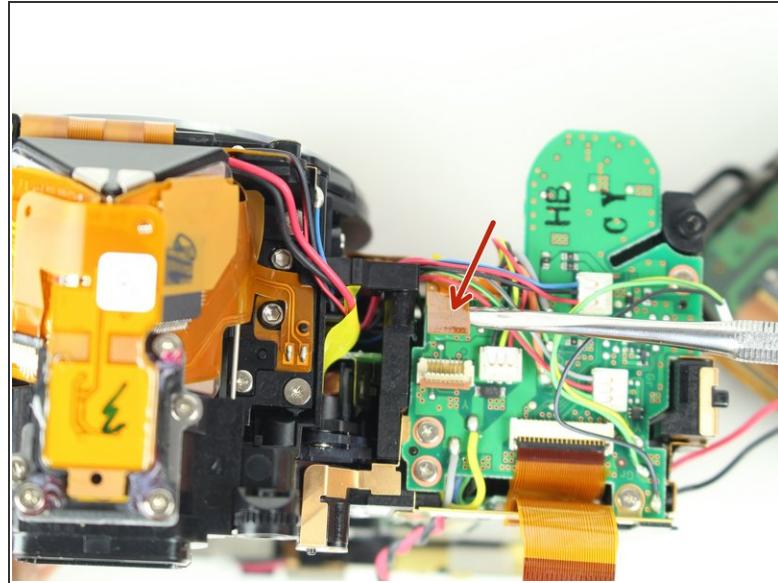
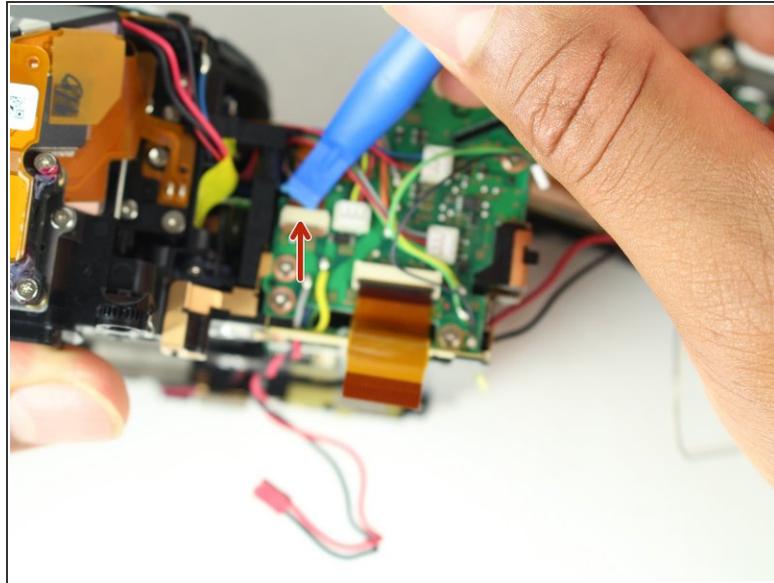
- Remove one 5 mm J000 screw from the top right of the camera.

Step 51



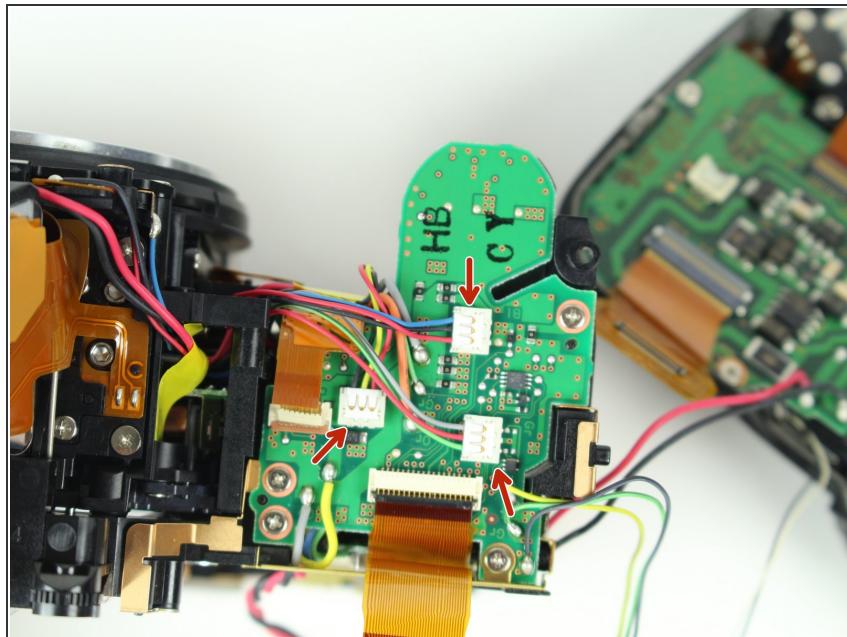
- Carefully peel back ribbon cable on the bottom left of camera.

Step 52



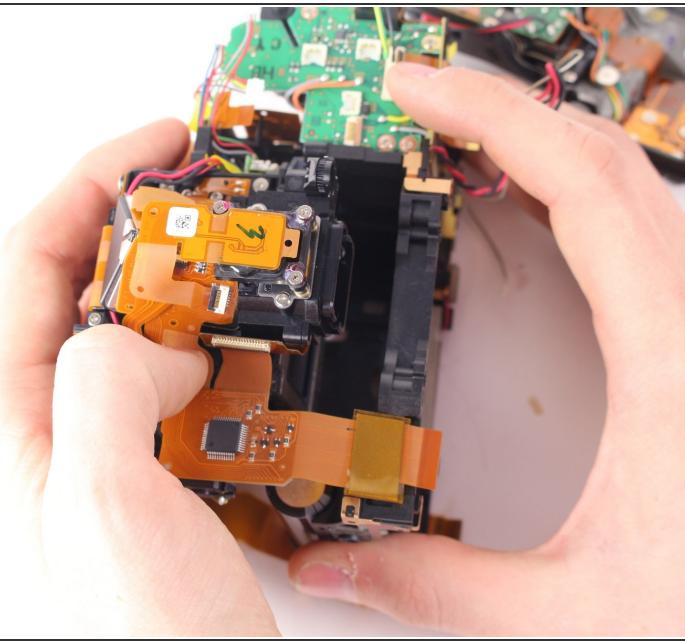
- Remove the left front ribbon cable from top right of circuit board.

Step 53



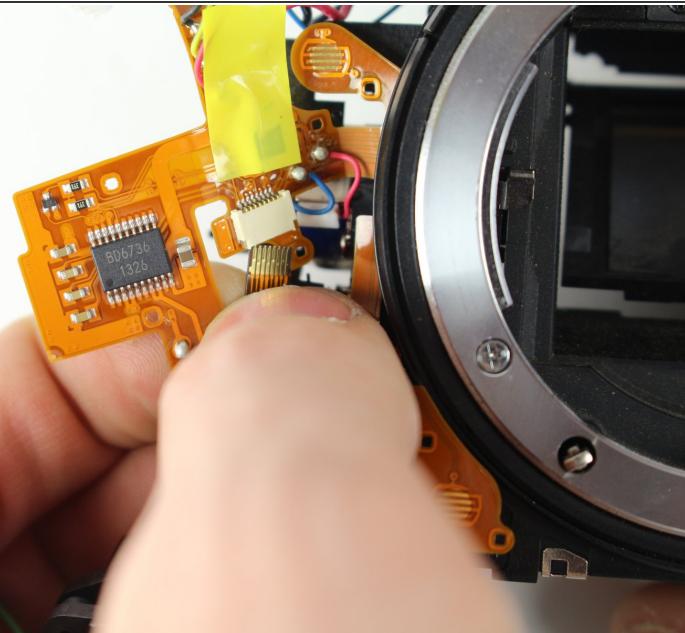
- Remove all three wire connectors.

Step 54



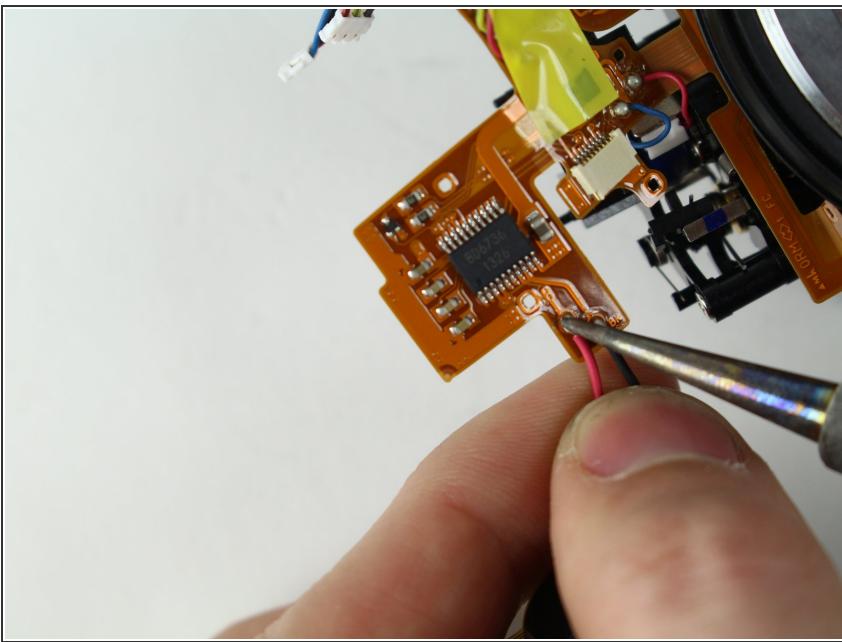
- Separate the shutter assembly from the camera body.

Step 55 — Mirror Box & Viewfinder



- Pull out ribbon cable from circuit assembly near front left of device.

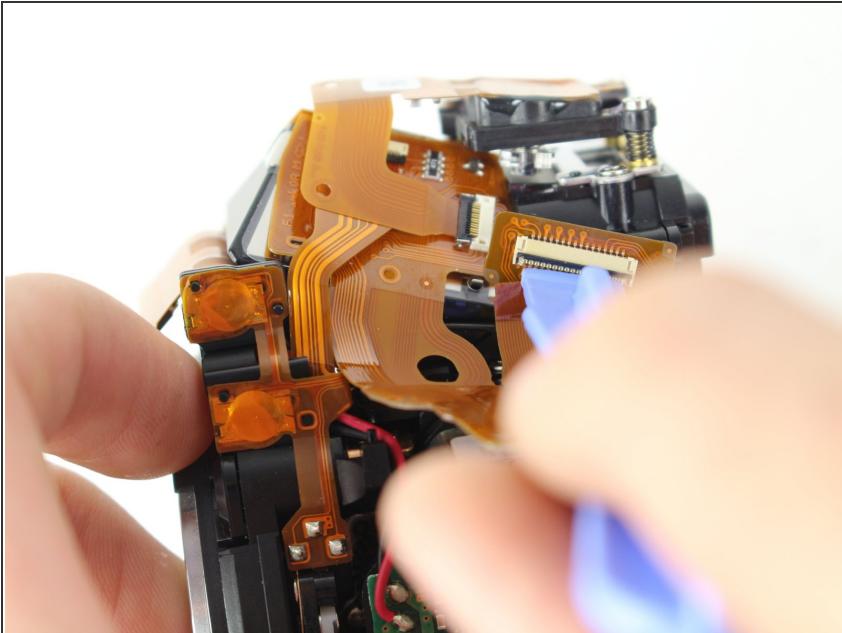
Step 56



- Desolder red & black power leads.

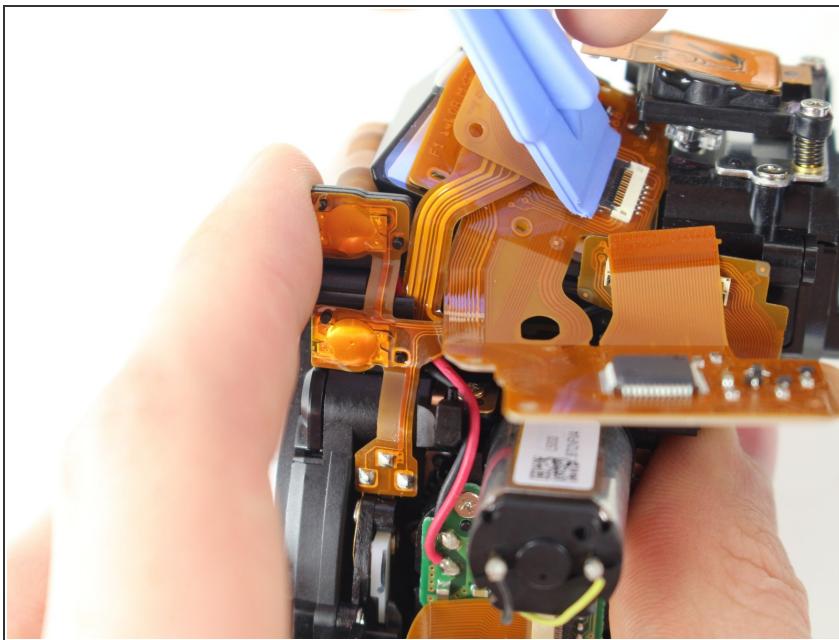
i Check out our [soldering guide](#) for help!

Step 57



- Disconnect ribbon cable at the top right of camera.

Step 58



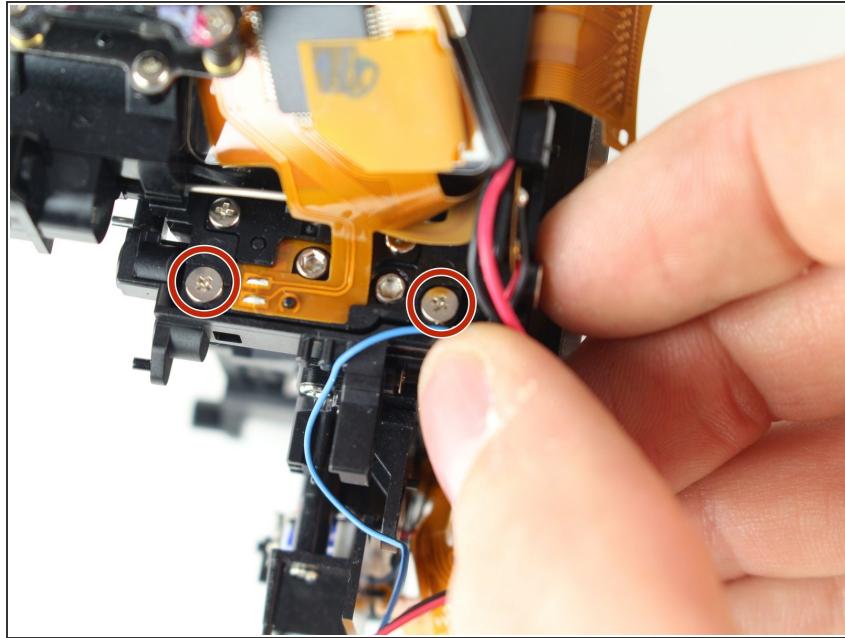
- Disconnect ribbon cable at top right of camera.

Step 59



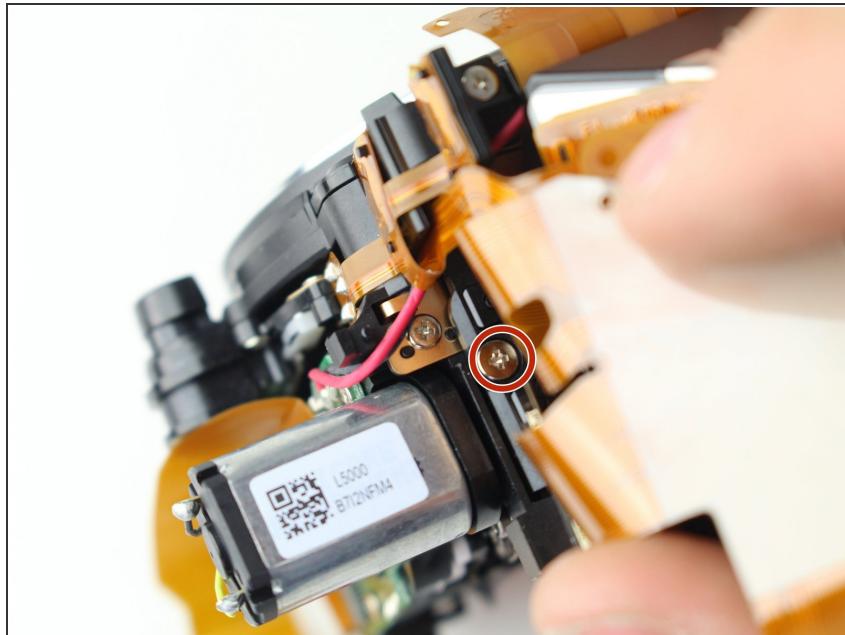
- Disconnected ribbon cable at rear right of viewfinder.

Step 60



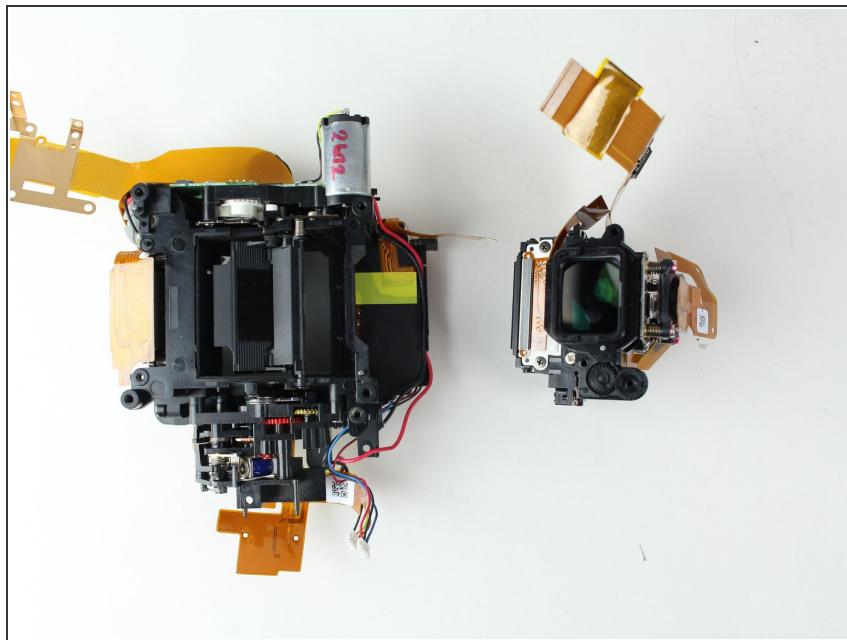
- Remove the two 5.5mm J000 screws

Step 61



- Remove the 5.5 mm J000 screw.

Step 62



- Remove the viewfinder from the mirror box assembly.

To reassemble your device, follow these instructions in reverse order.