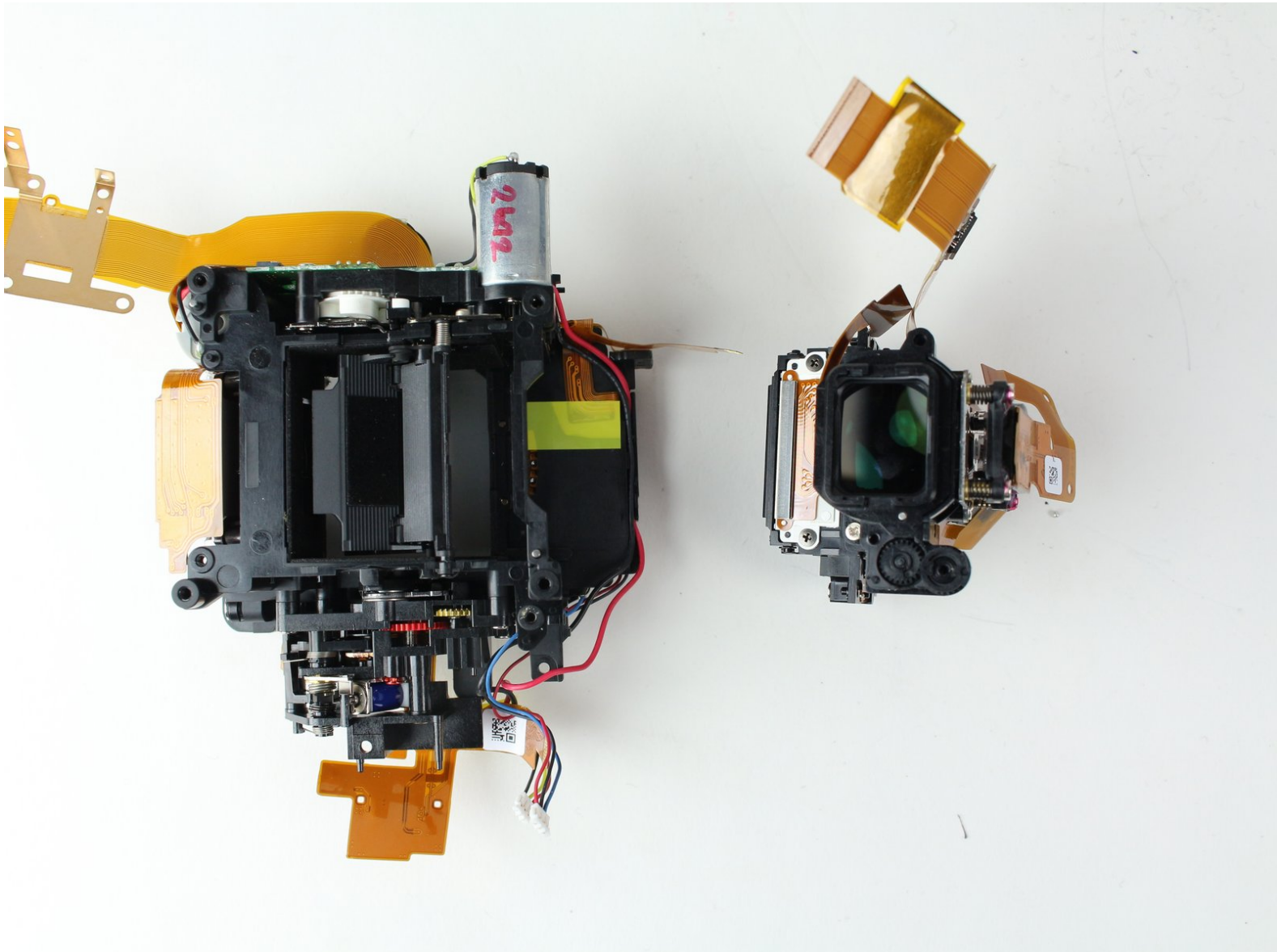




# Nikon D7000 Mirror Box & Viewfinder Replacement

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.

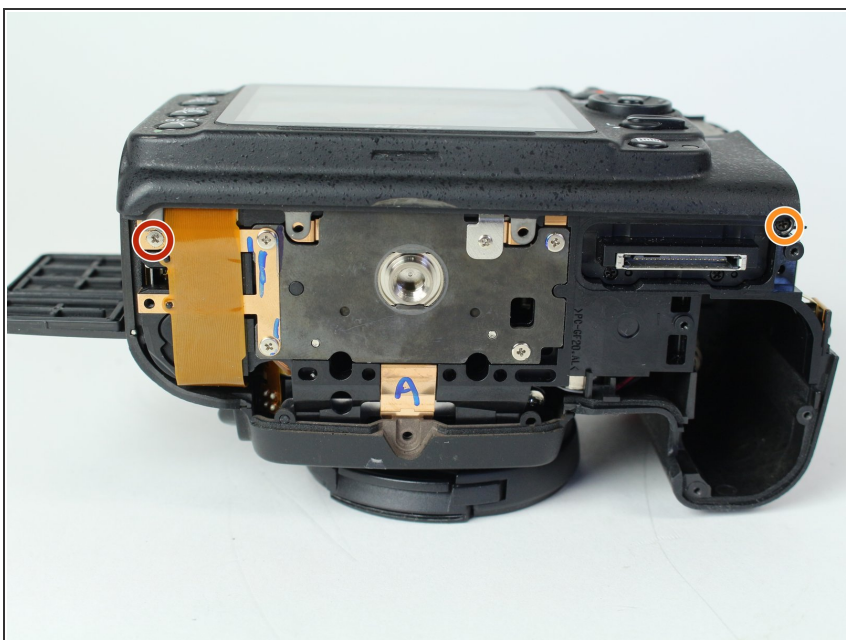


## Step 11



- Gently pull the SD card cover off.

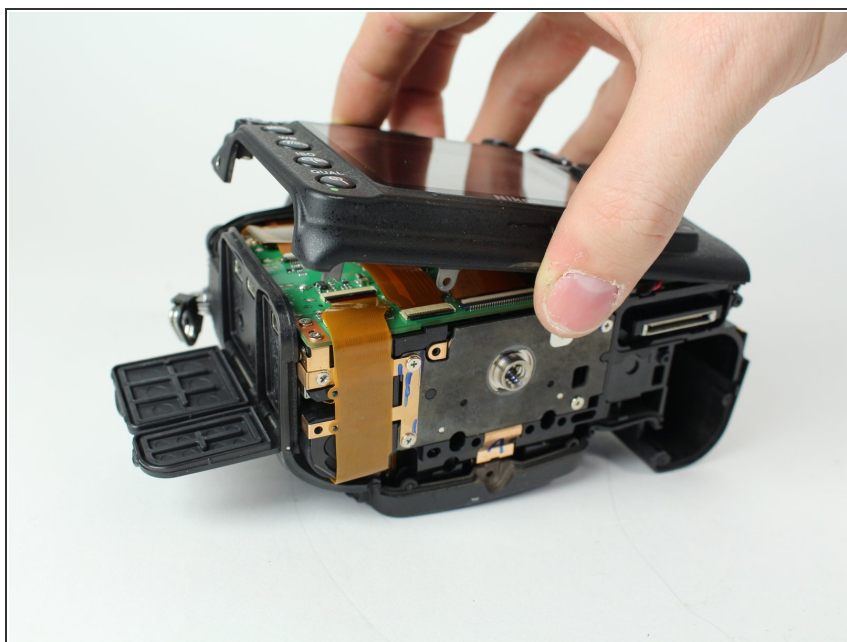
## Step 12



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

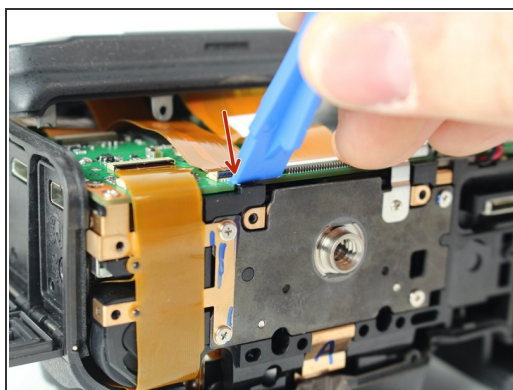



## Step 13



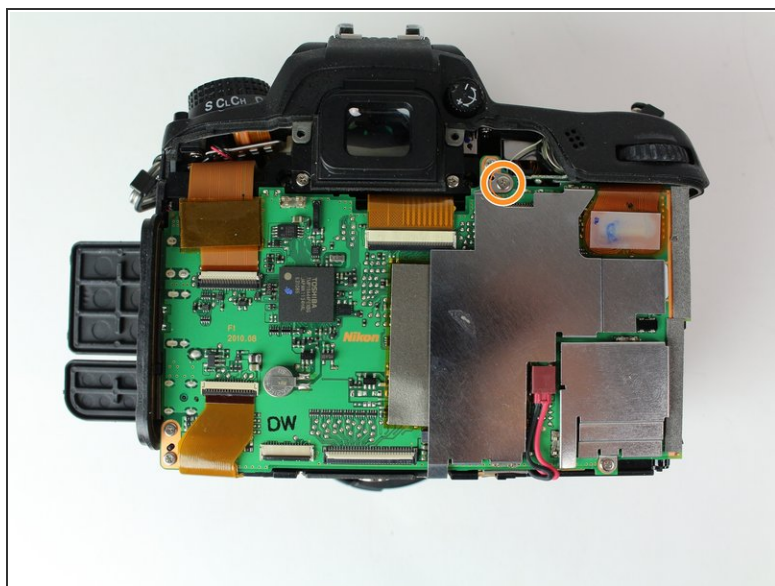
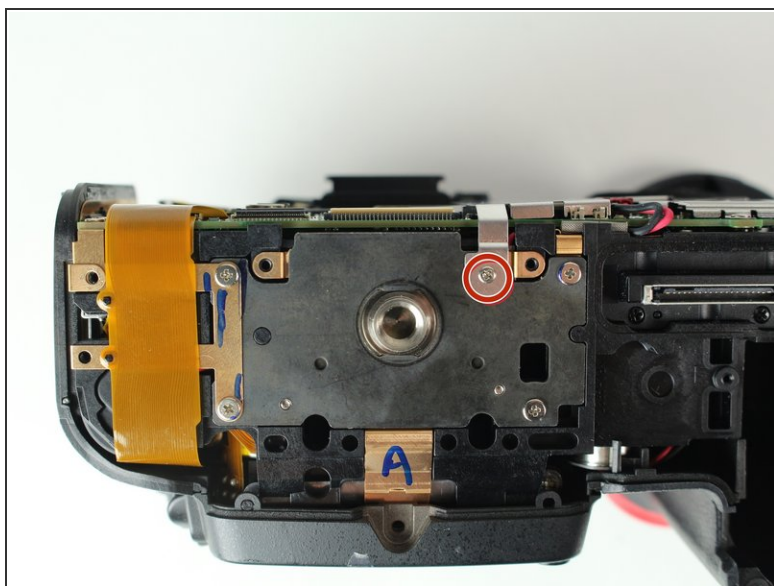
- Carefully lift the back case off.

## Step 14



- Disconnect the following two ribbon cables from the motherboard.
-  See our [Cable Connector Guide](#) for help with ribbon cable connectors!

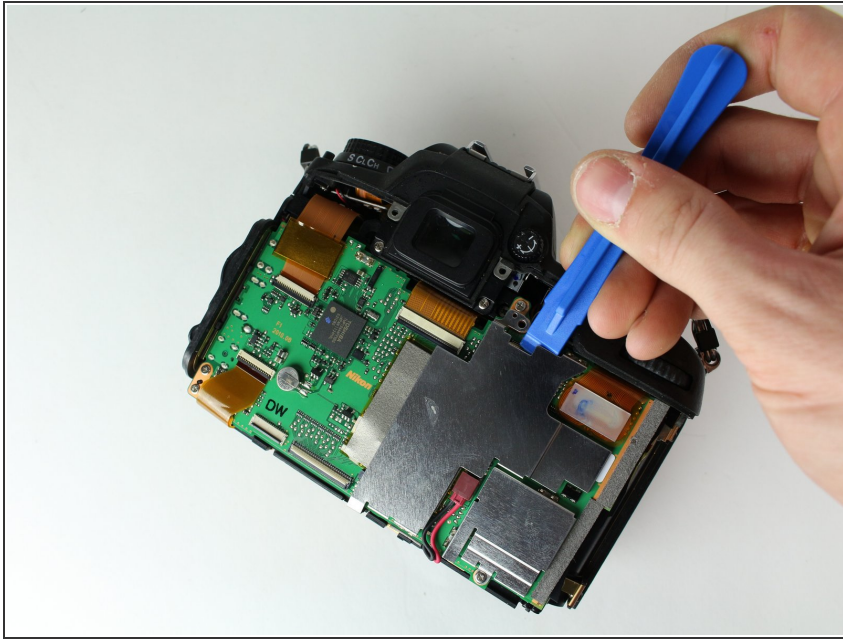
## Step 15



- 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).

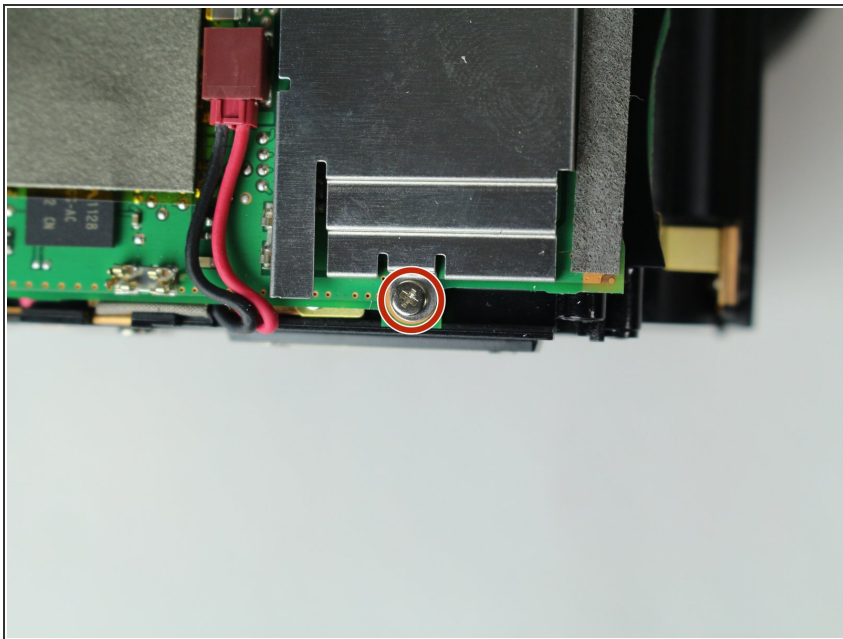
⚠ Be careful of the grounding clips on the motherboard.

## Step 16



- Gently pry and lift the left motherboard shield off.

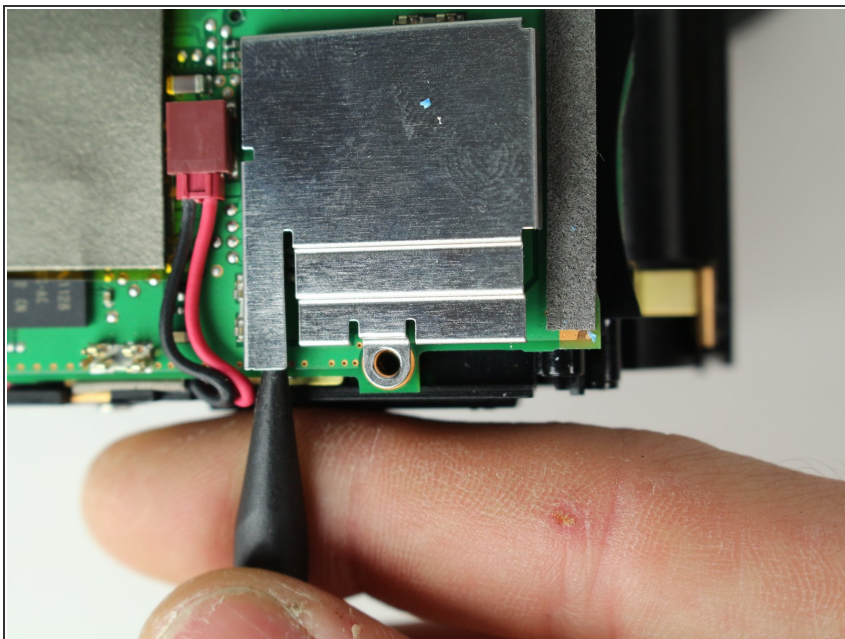
## Step 17



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

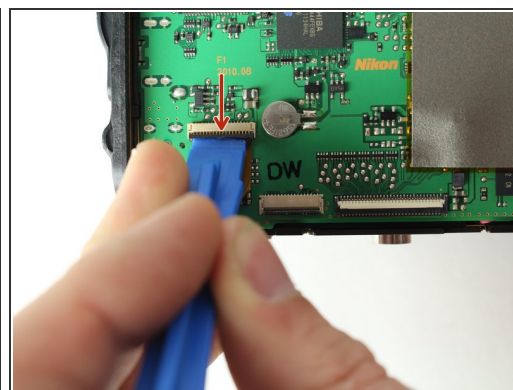
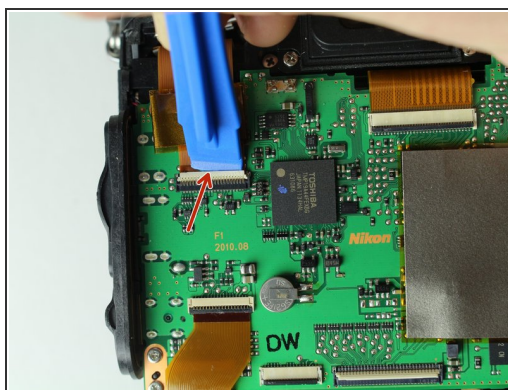
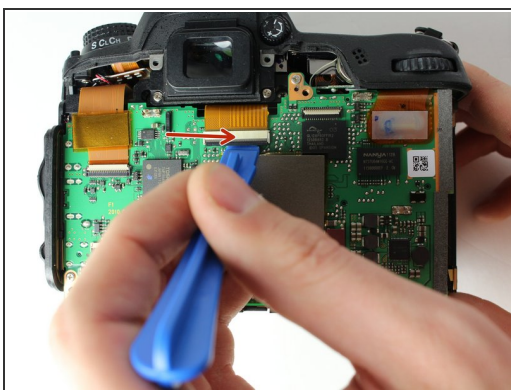


## Step 18



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

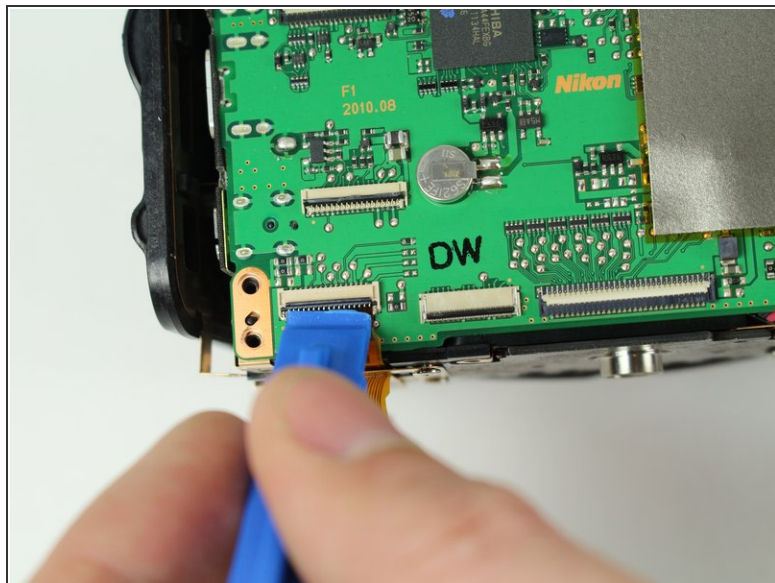
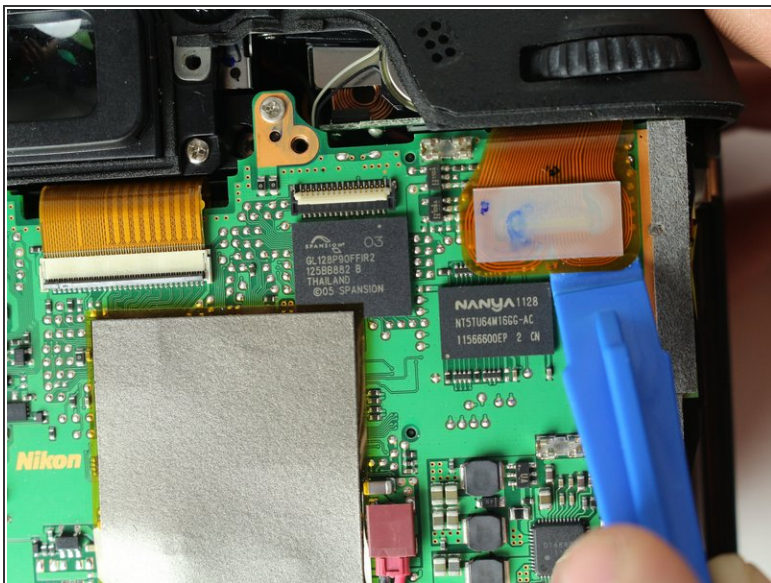
## Step 19



- Disconnect remaining ribbon cables.

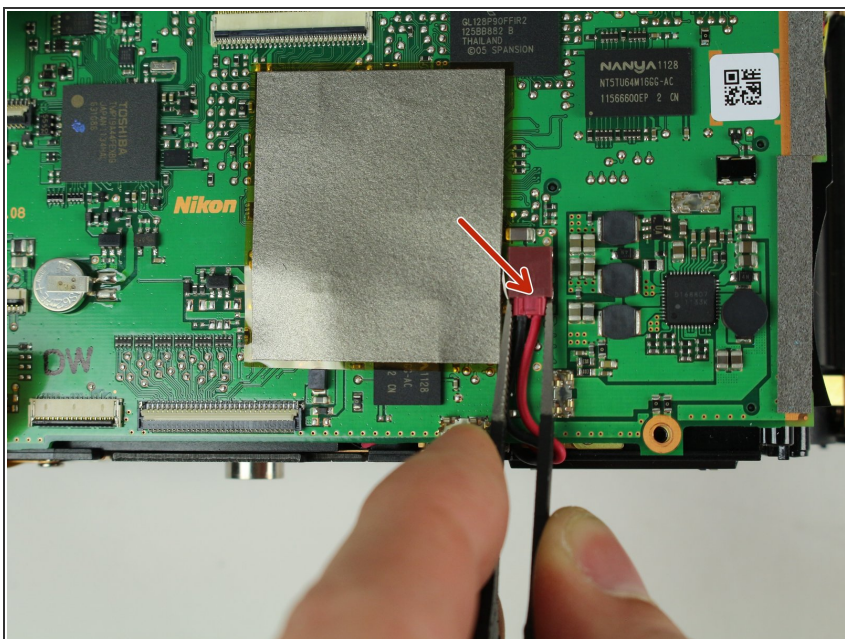


## Step 20



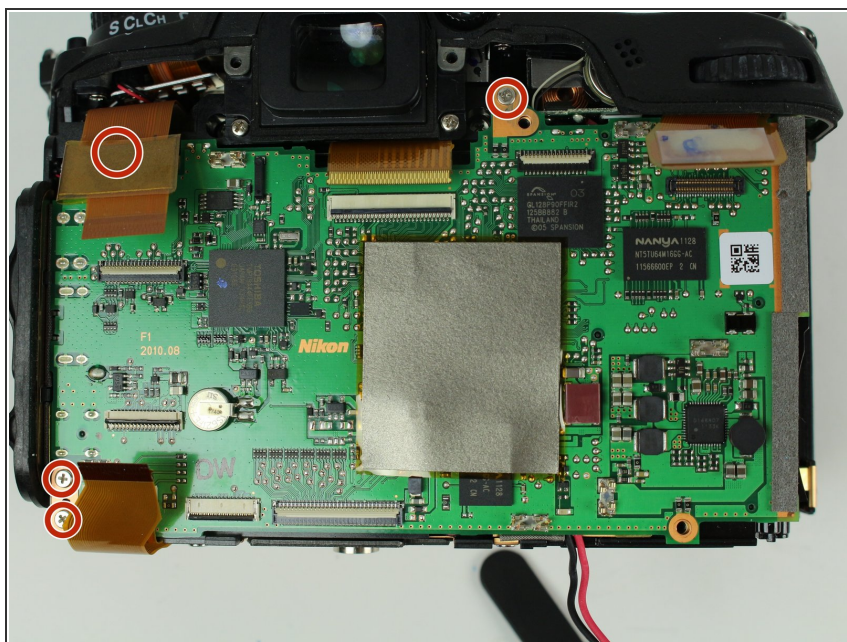
- Disconnect remaining ribbon cables.

## Step 21



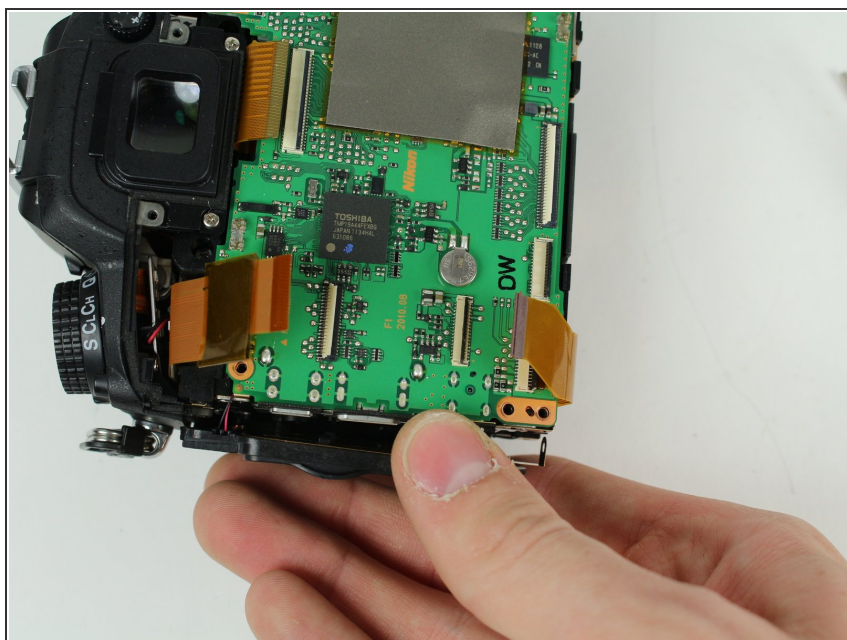
- Carefully disconnect the red connector with tweezers.

## Step 22



- Remove four 3.5 mm J000 screws securing the motherboard.

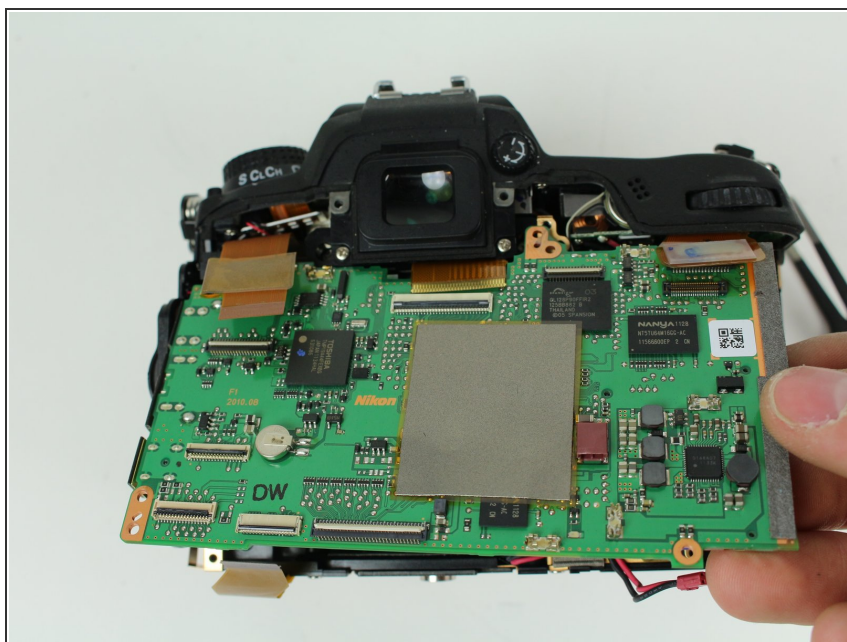
## Step 23



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

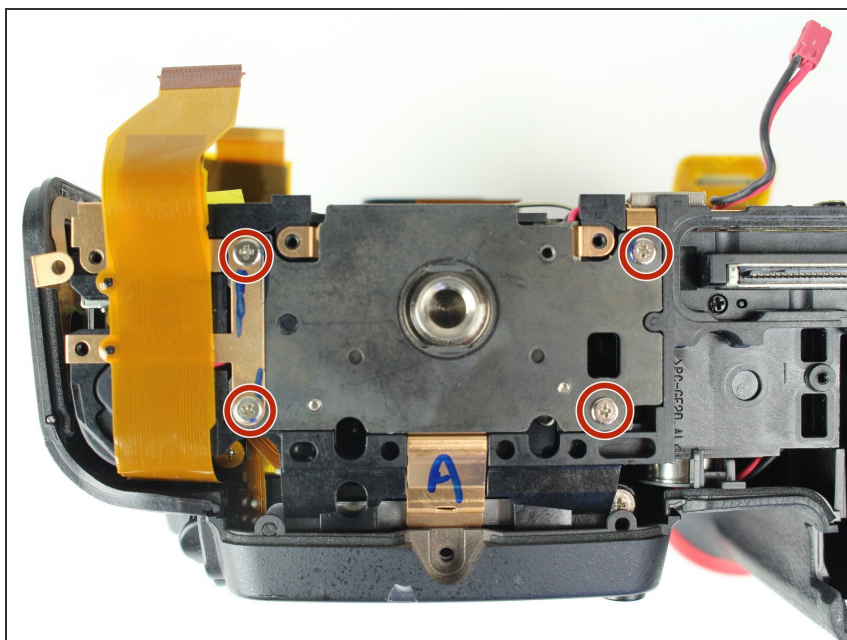


## Step 24



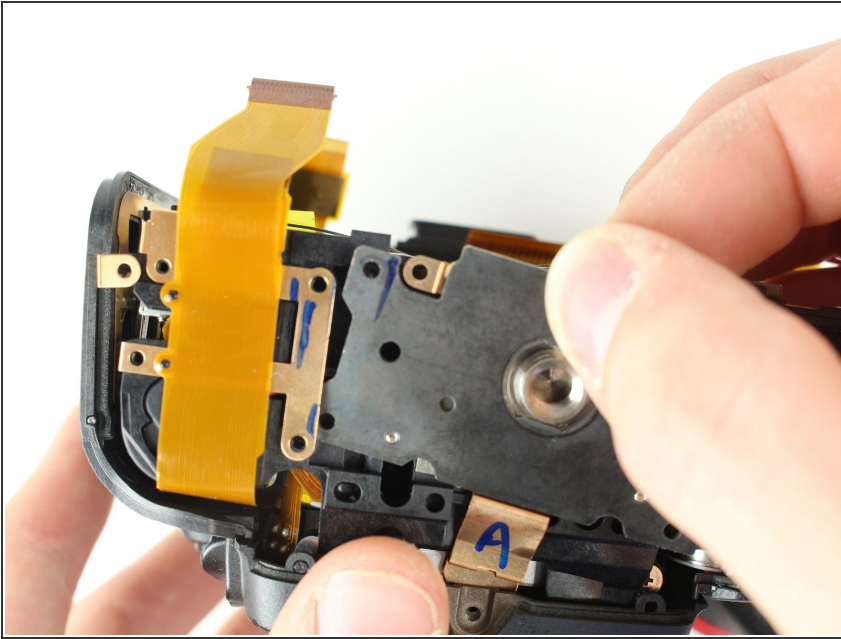
- Lift the motherboard off.

## Step 25 — Tripod Plate



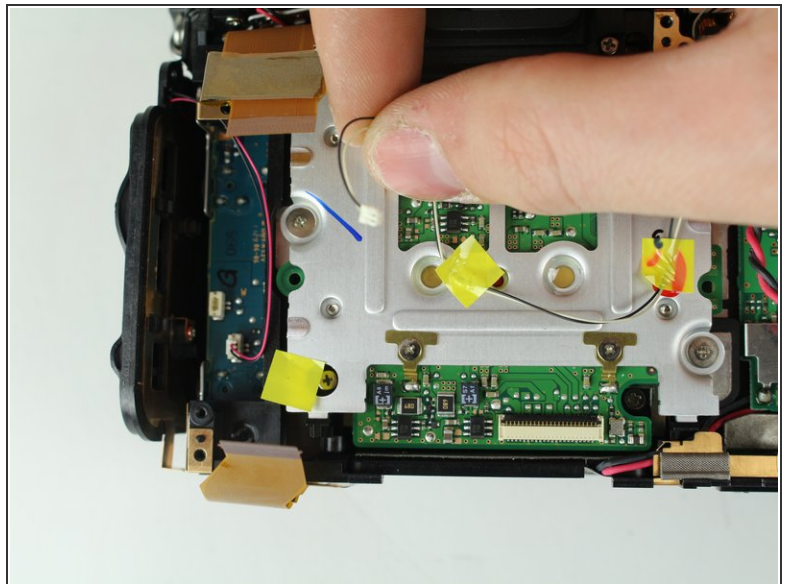
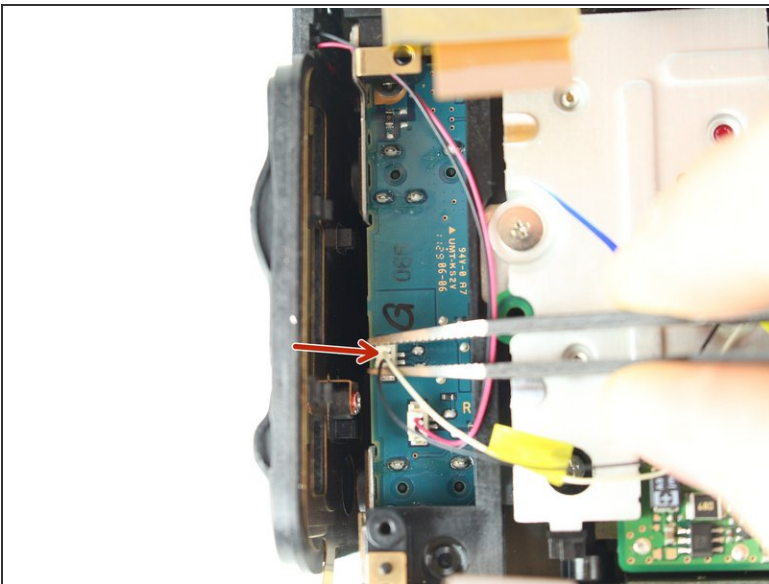
- Remove four 6 mm J000 screws securing the tripod plate.

## Step 26



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

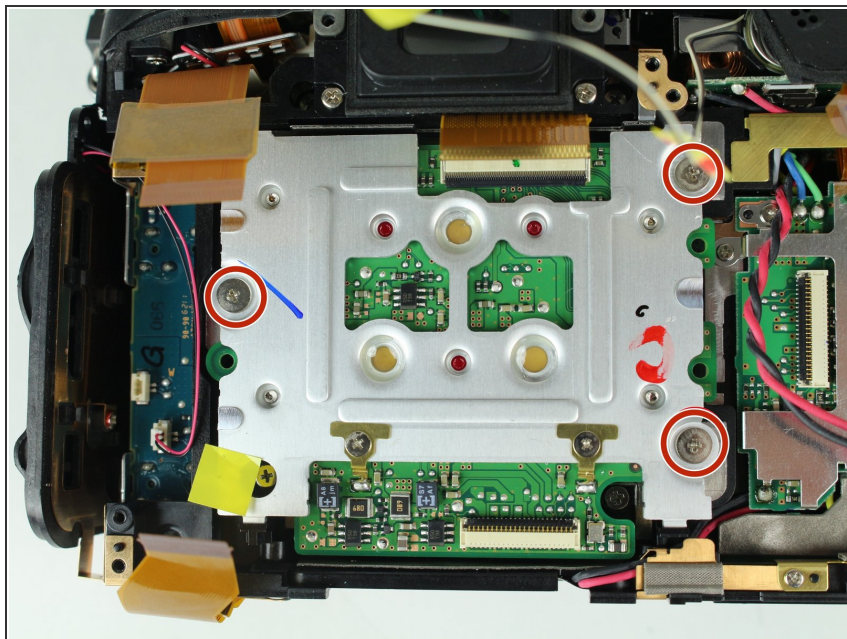
## Step 27 — Image Sensor



- Disconnect black and white speaker cable.

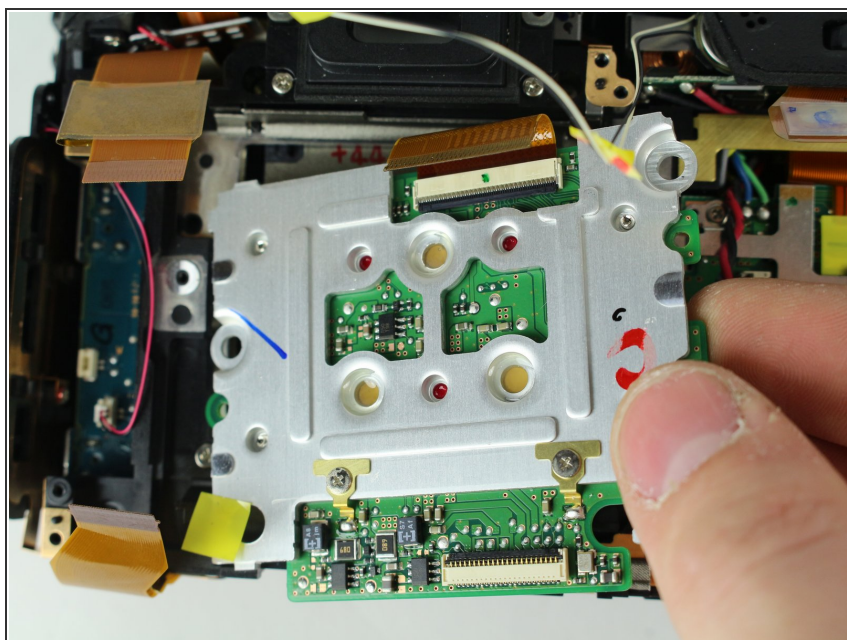


## Step 28



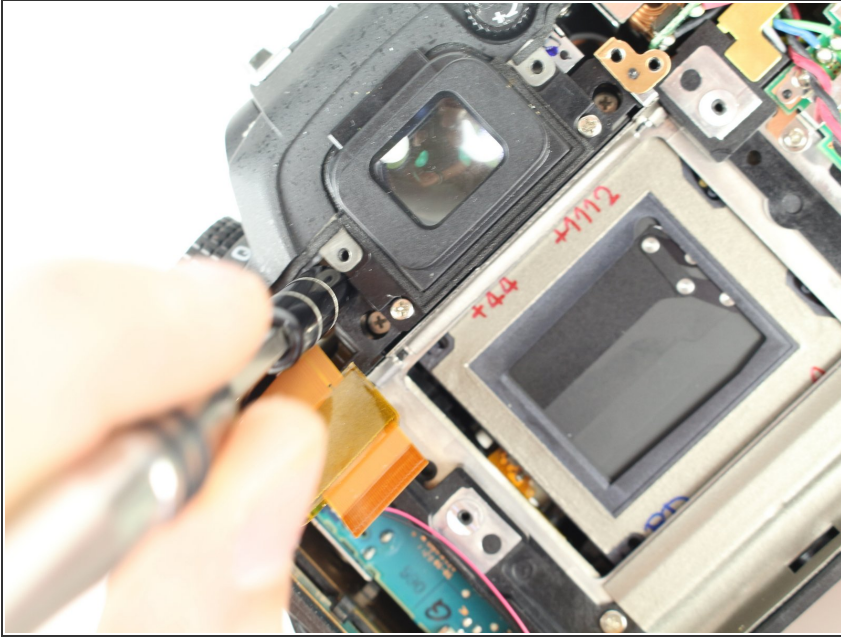
- Remove three 6 mm J000 screws securing the image sensor.

## 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



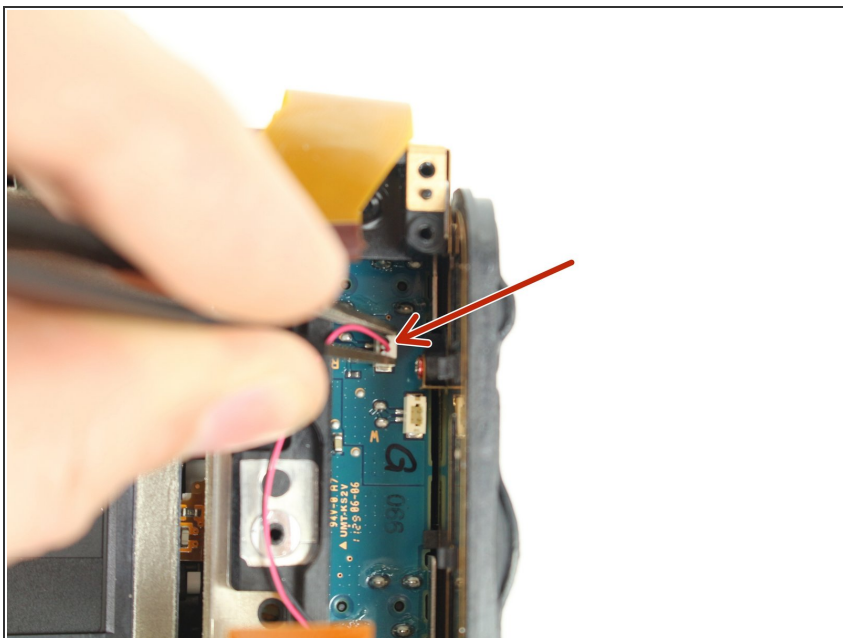
- Remove the front cover.

## Step 34



- Carefully remove the port cover.

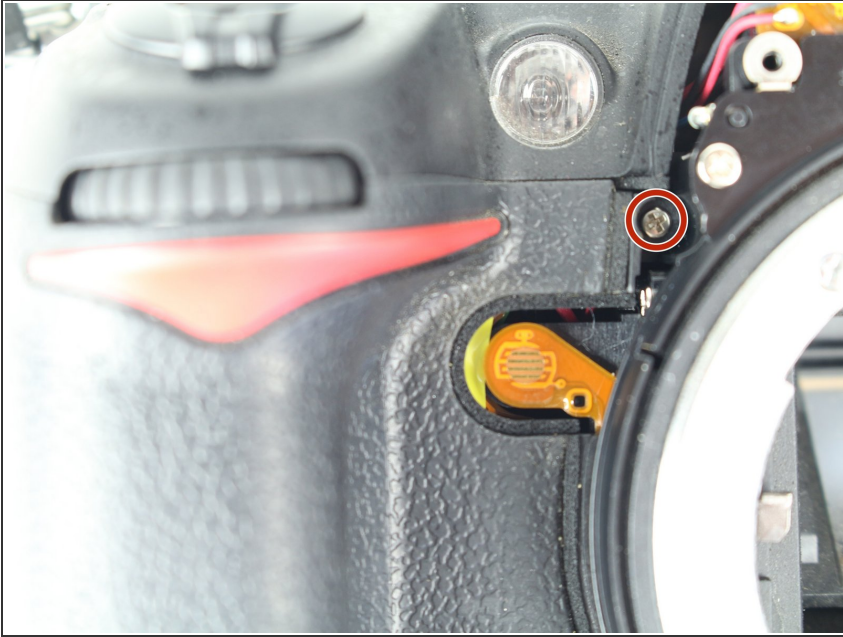
## Step 35



- Deroute the microphone cable.

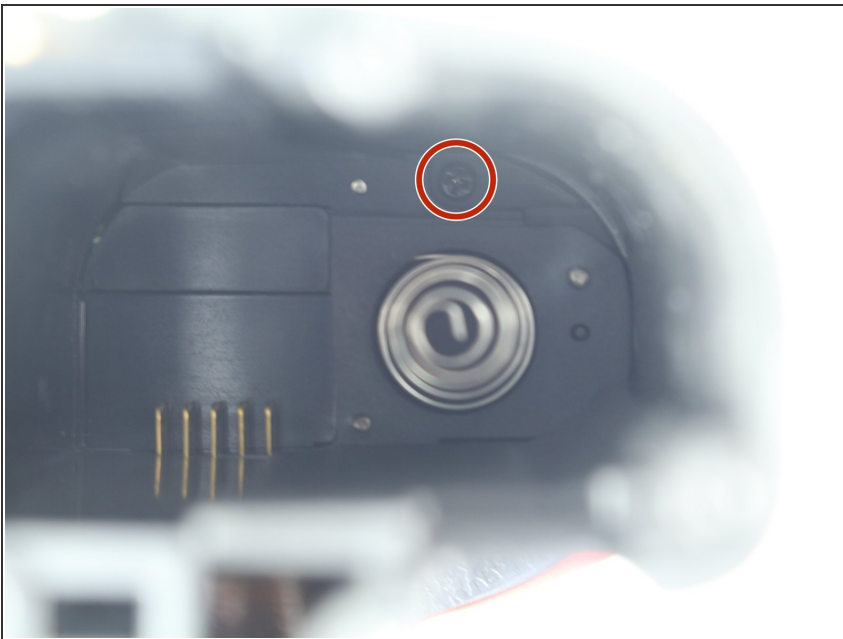


## Step 36



- Remove one 4 mm J000 screw from the front.

## Step 37



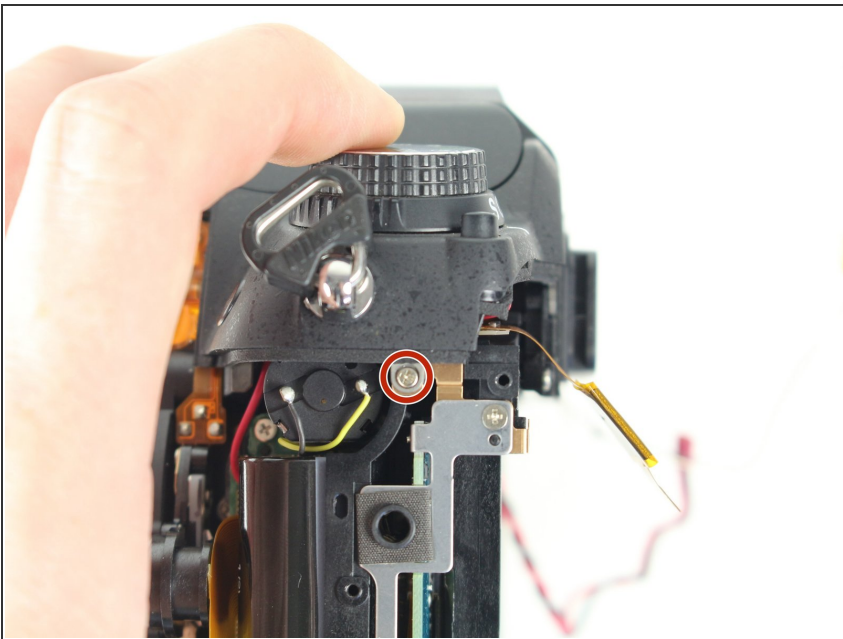
- Remove one 8.5 mm J000 screw from the battery compartment.

## Step 38



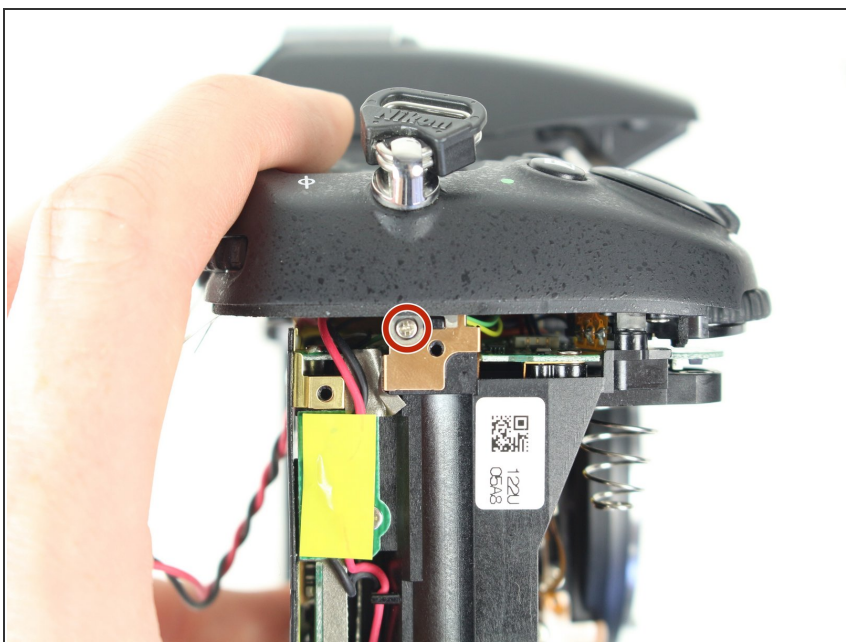
- Remove the grip carefully.

## Step 39



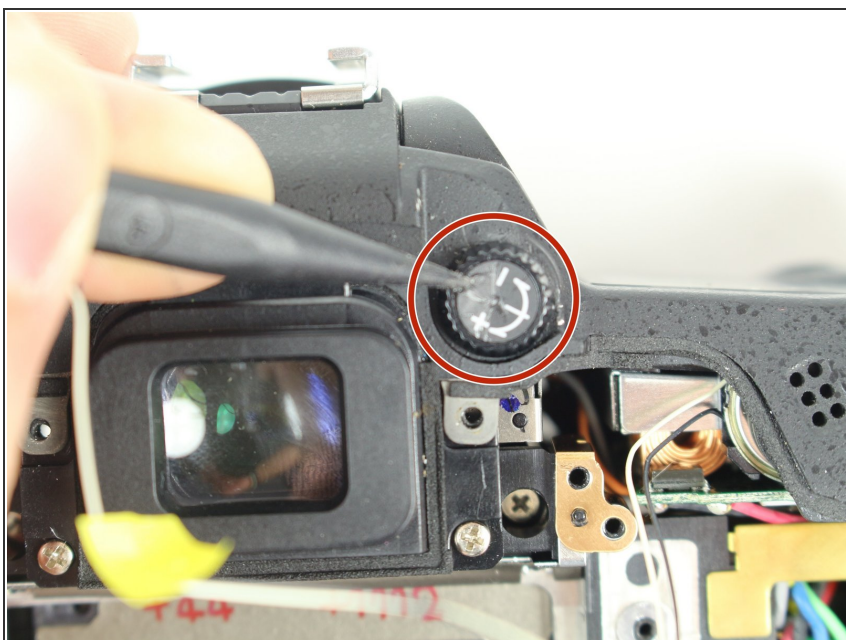
- Remove one 4 mm J000 screw securing the top case (under right strap hook).

## Step 40



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

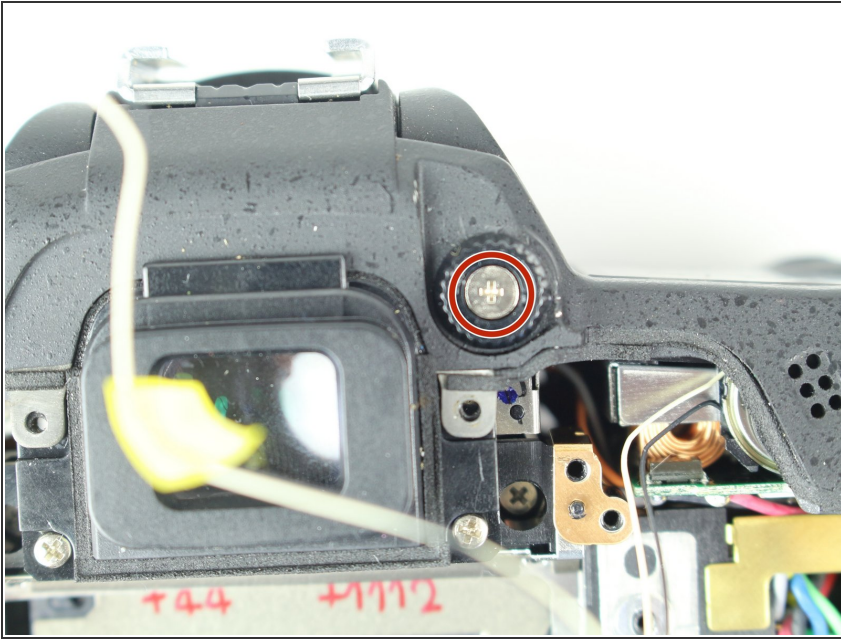
## Step 41



- Remove the sticker covering the diopter adjust screw.

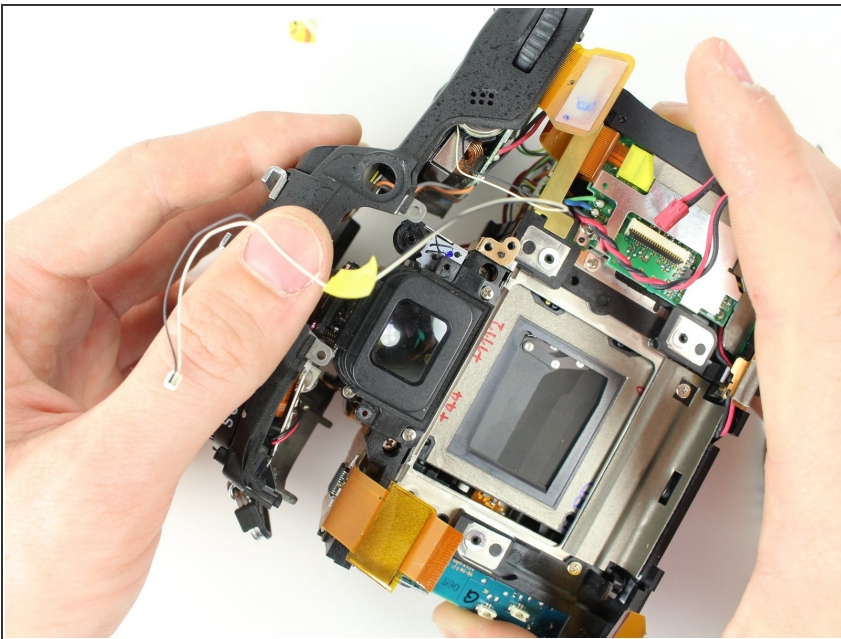


## Step 42



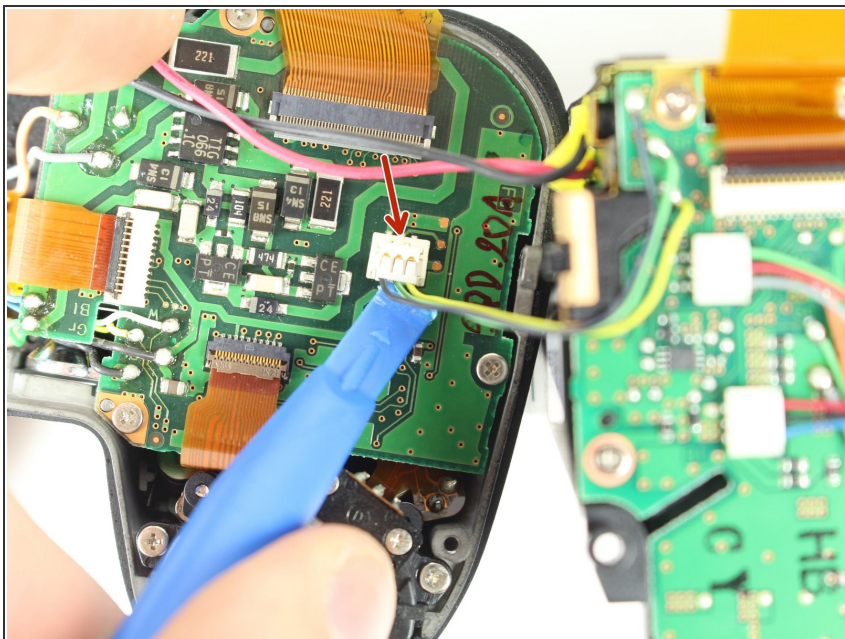
- Remove one 8.0 mm J000 screw.
- Remove the Diopeter Adjust.

## Step 43



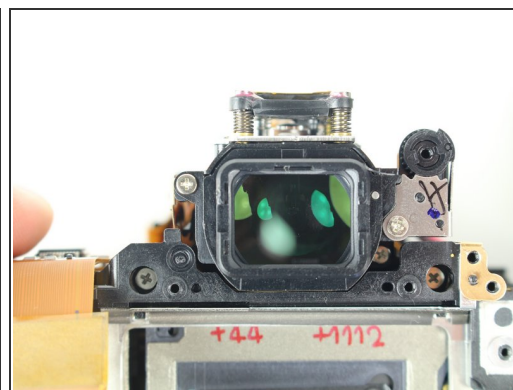
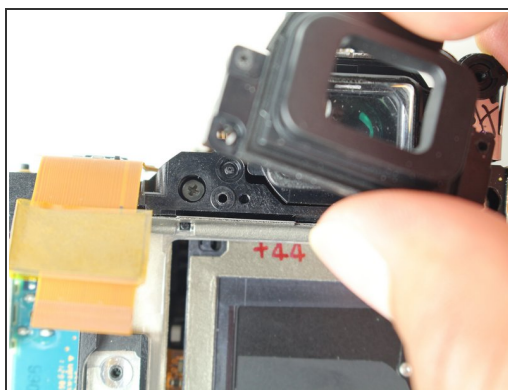
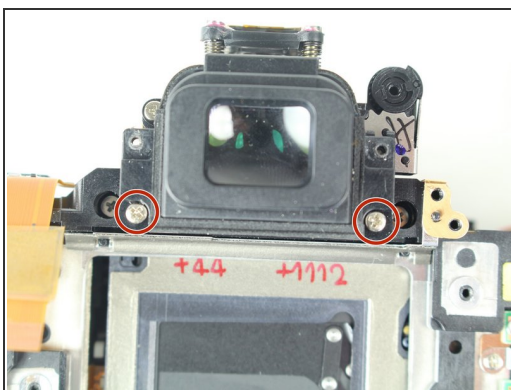
- Remove the top case.

## Step 44



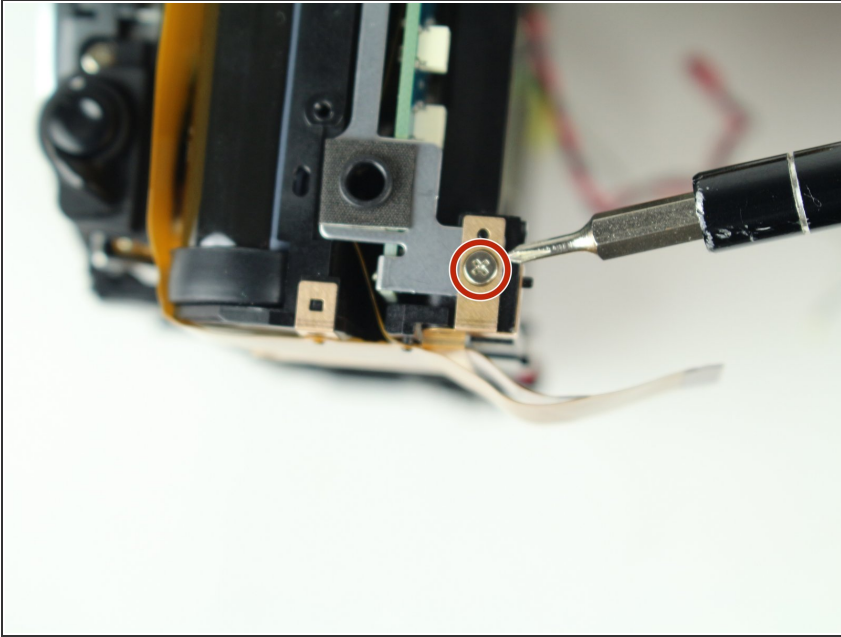
- Remove the Black, Yellow, Green cable from the top case board.

## Step 45



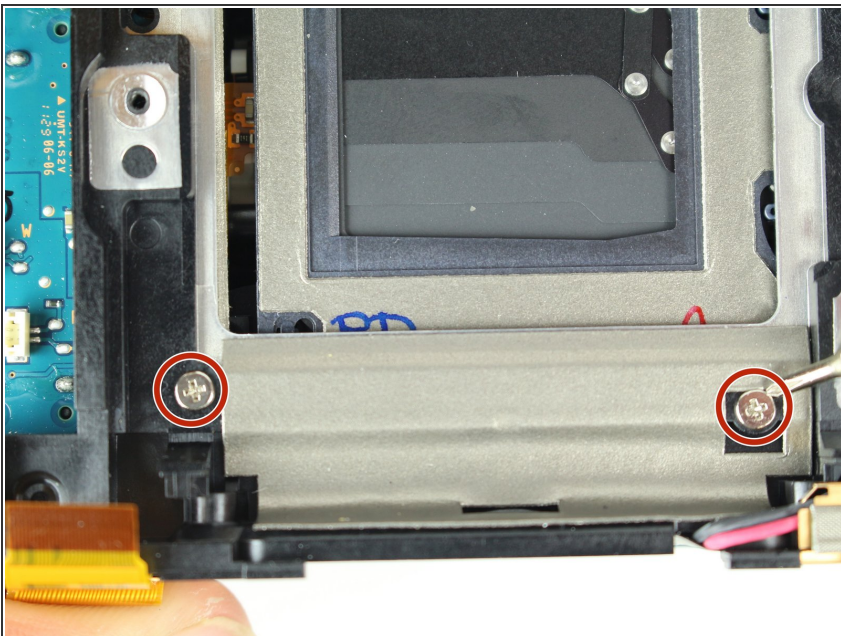
- Remove two 6.5 mm J000 screws securing the viewfinder.
- Remove the viewfinder cover.

## Step 46



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

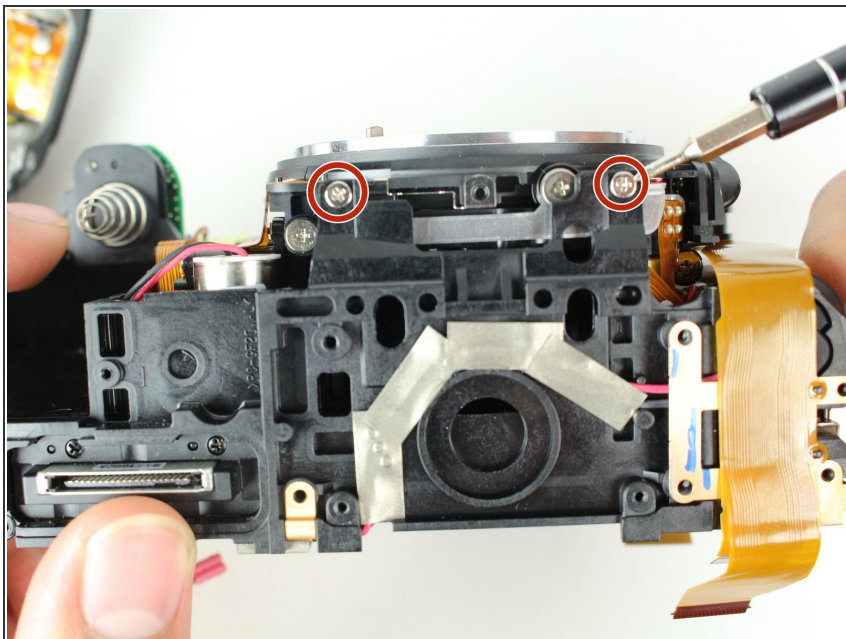
## Step 47



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

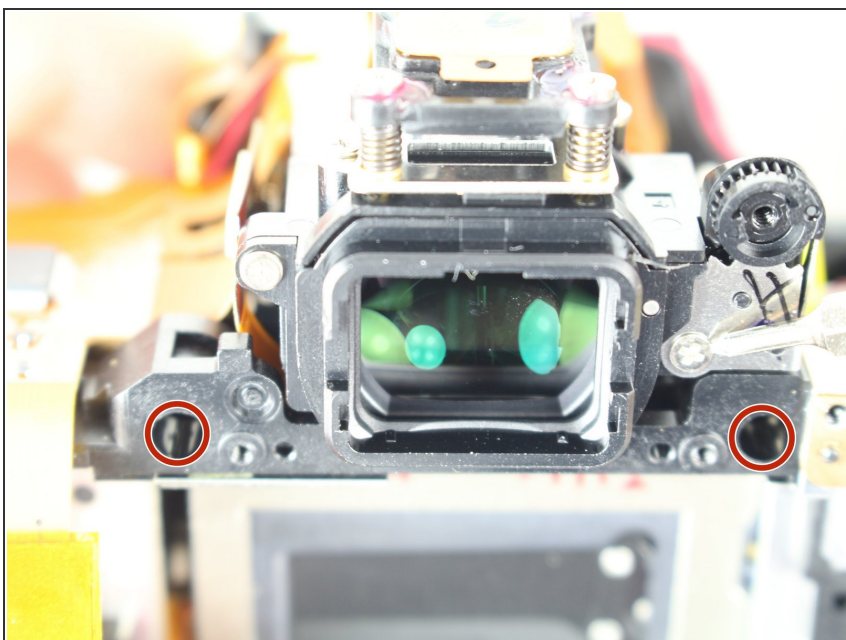


## Step 48



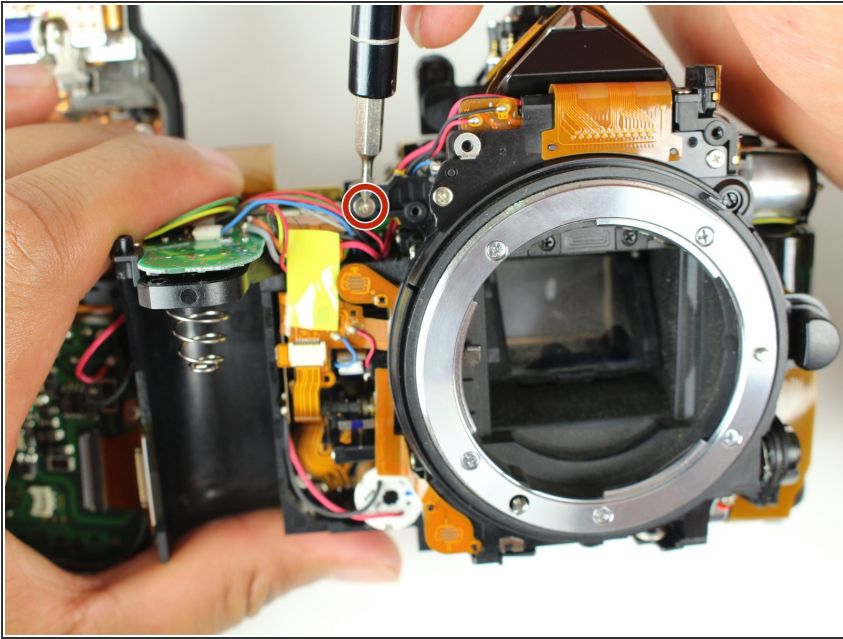
- Remove two 6.5 mm J000 screws from beneath the lens mount.

## Step 49



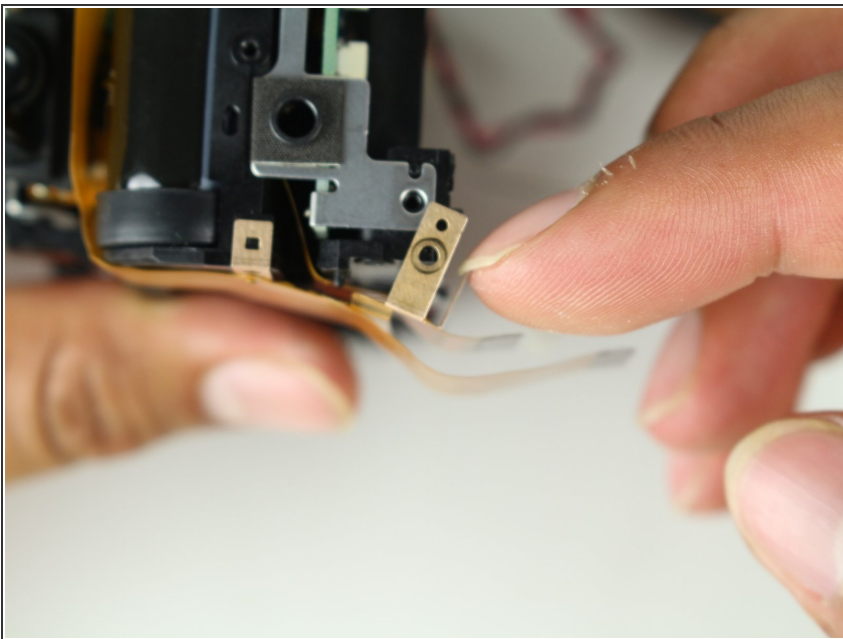
- Remove two screws from just below and to the sides of the viewfinder.

## Step 50



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

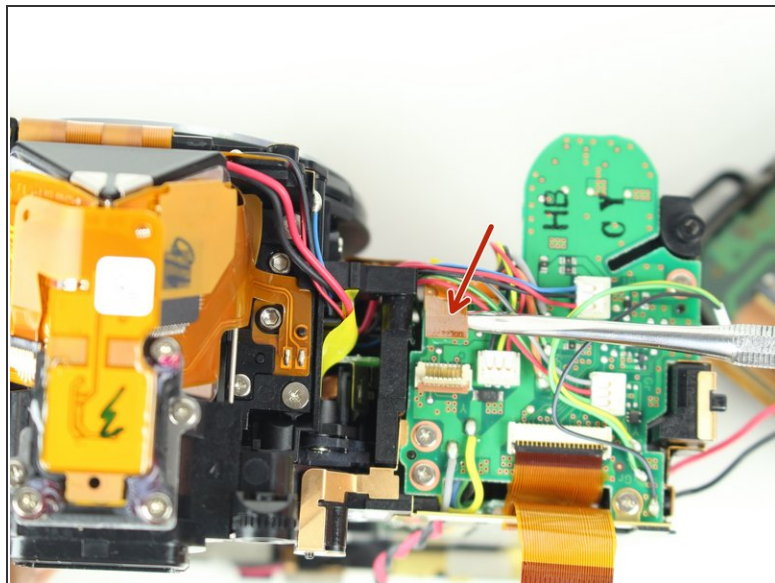
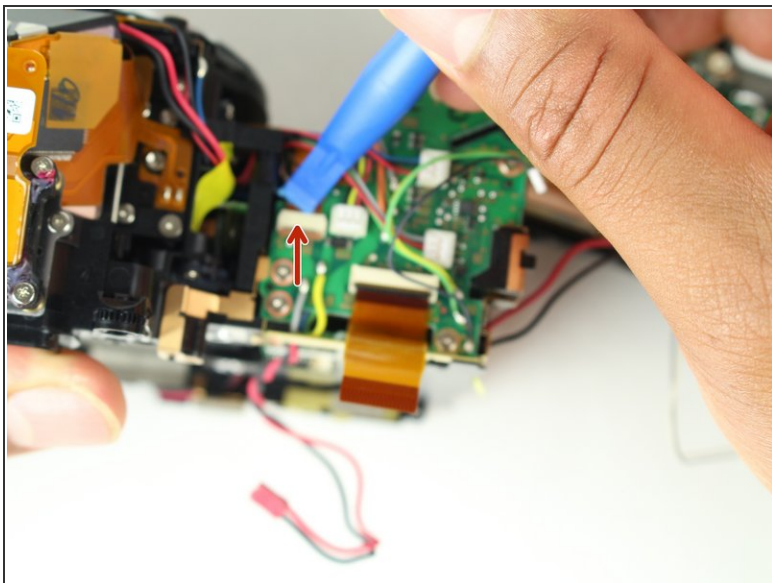
## Step 51



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

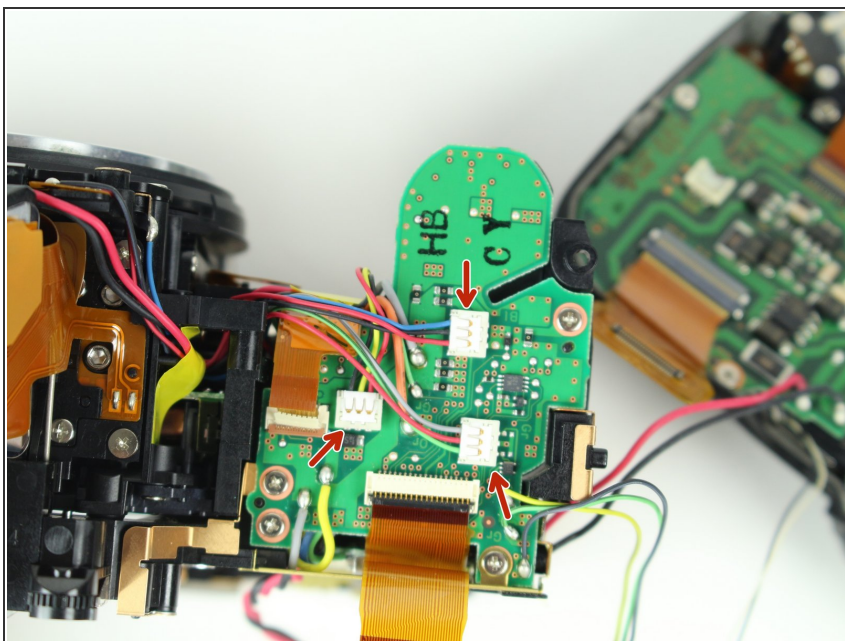


## Step 52



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

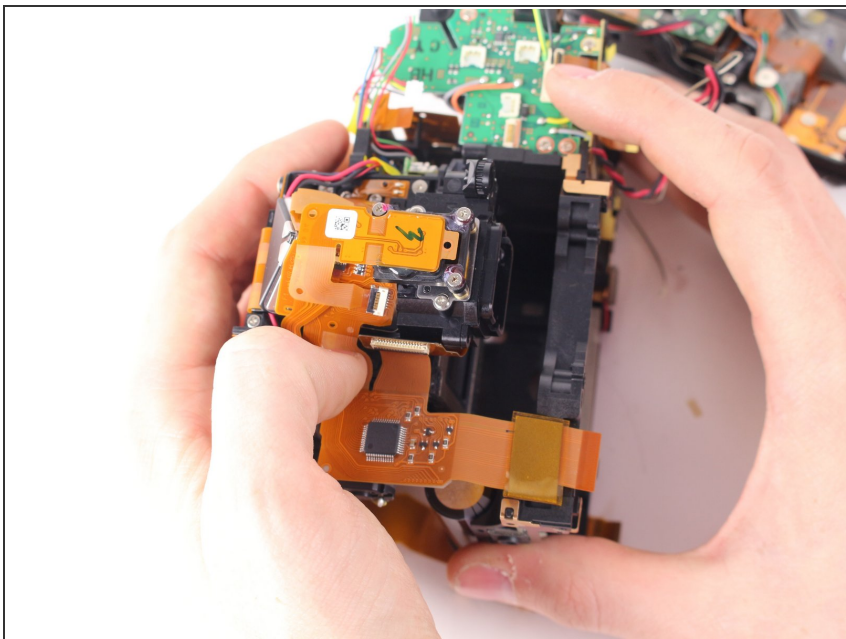
## Step 53



- Remove all three wire connectors.

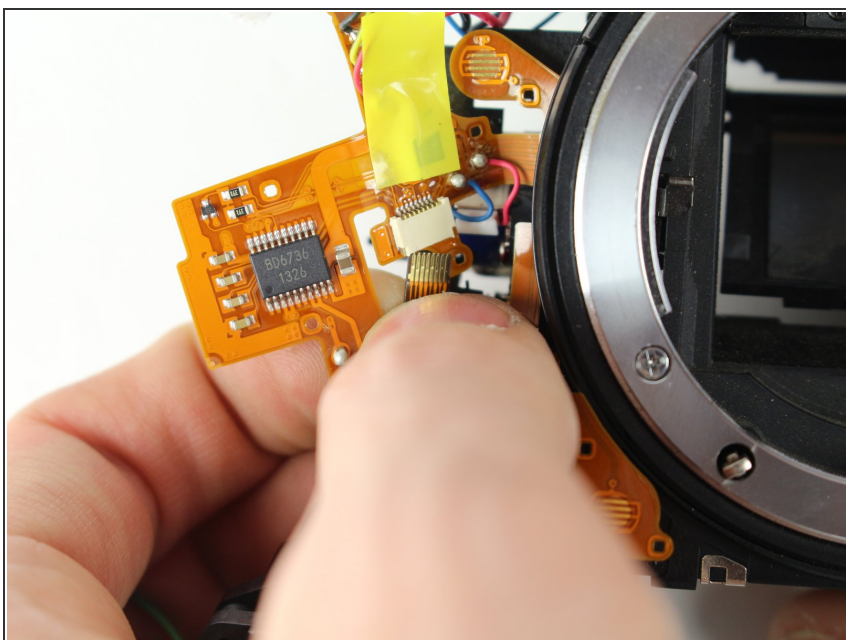


## Step 54



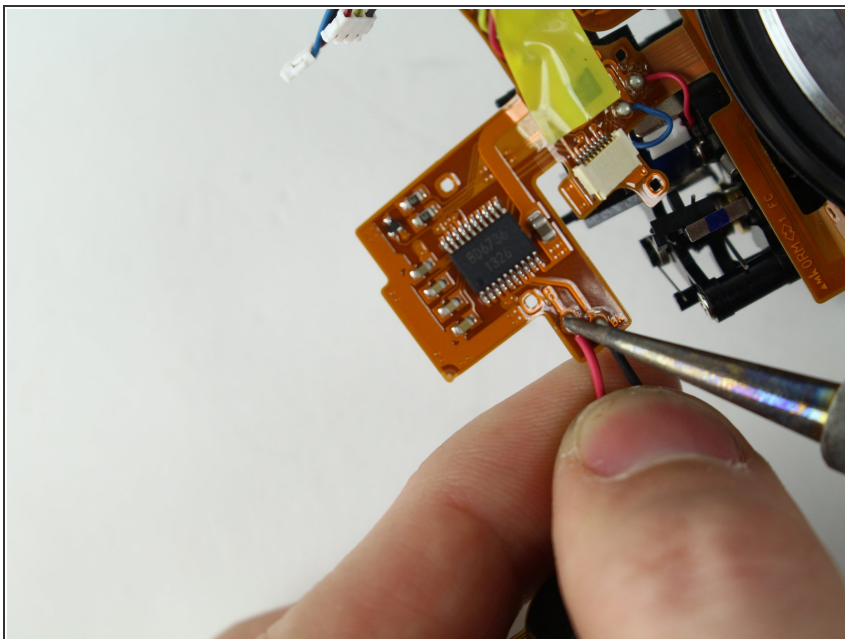
- Separate the shutter assembly from the camera body.

## Step 55 — Mirror Box & Viewfinder



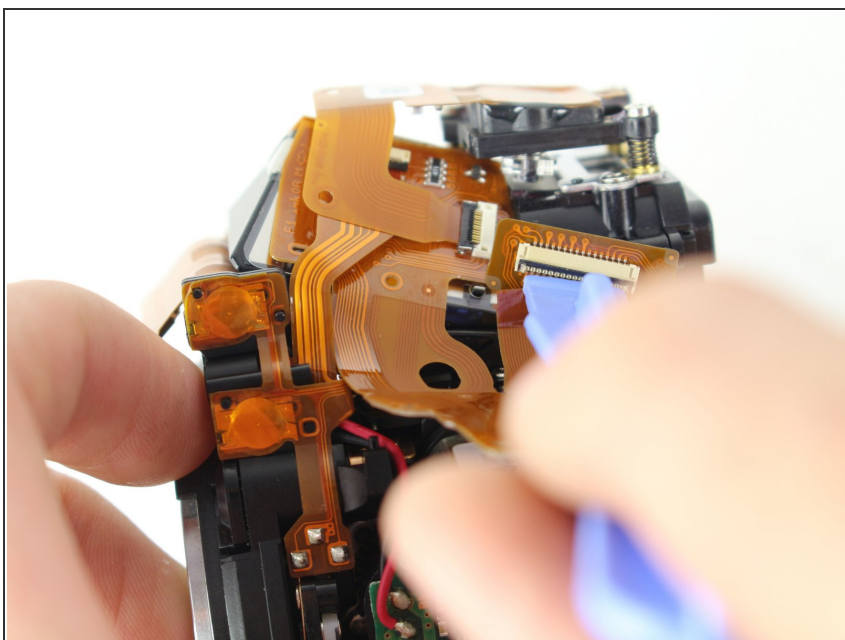
- Pull out ribbon cable from circuit assembly near front left of device.

## Step 56



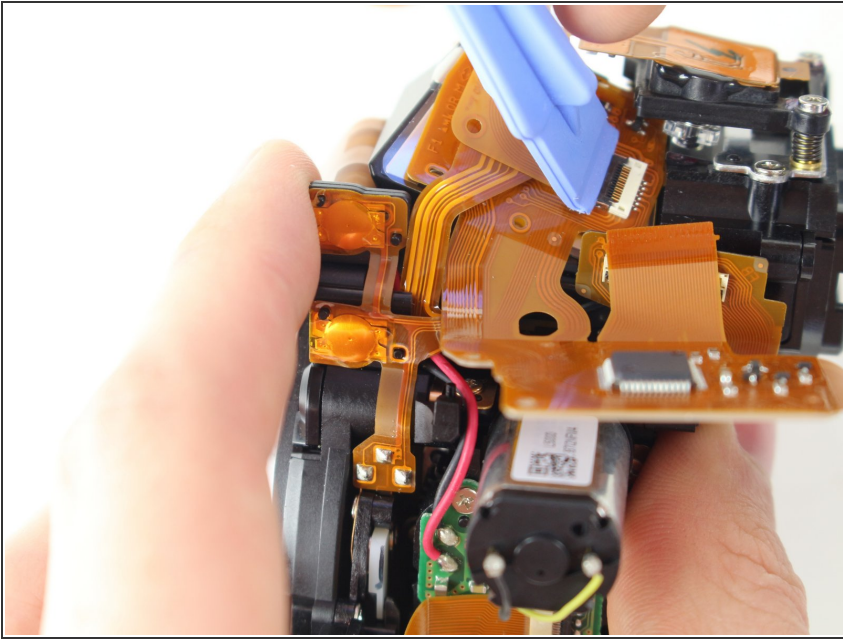
- Desolder red & black power leads.
- ① Check out our [soldering guide](#) for help!

## Step 57



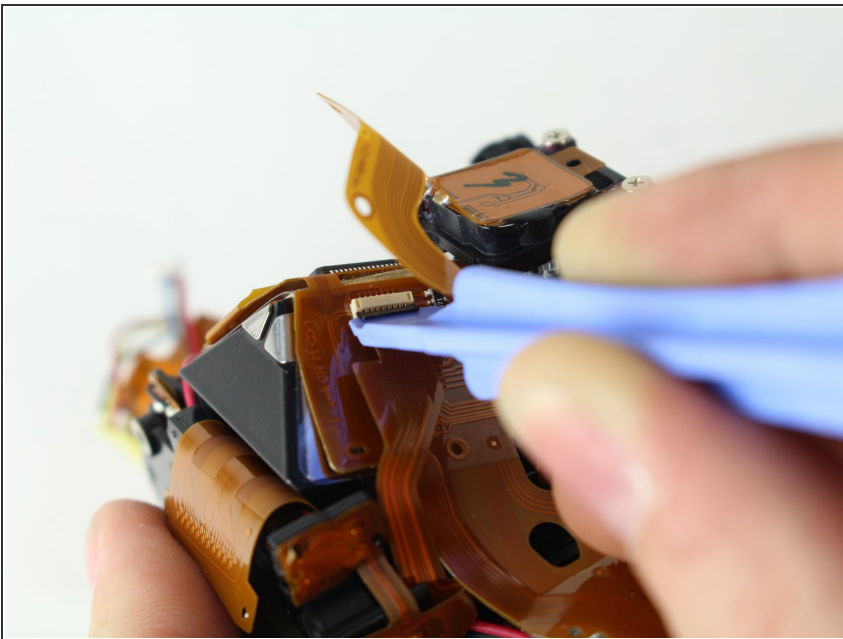
- Disconnect ribbon cable at the top right of camera.

## Step 58



- Disconnect ribbon cable at top right of camera.

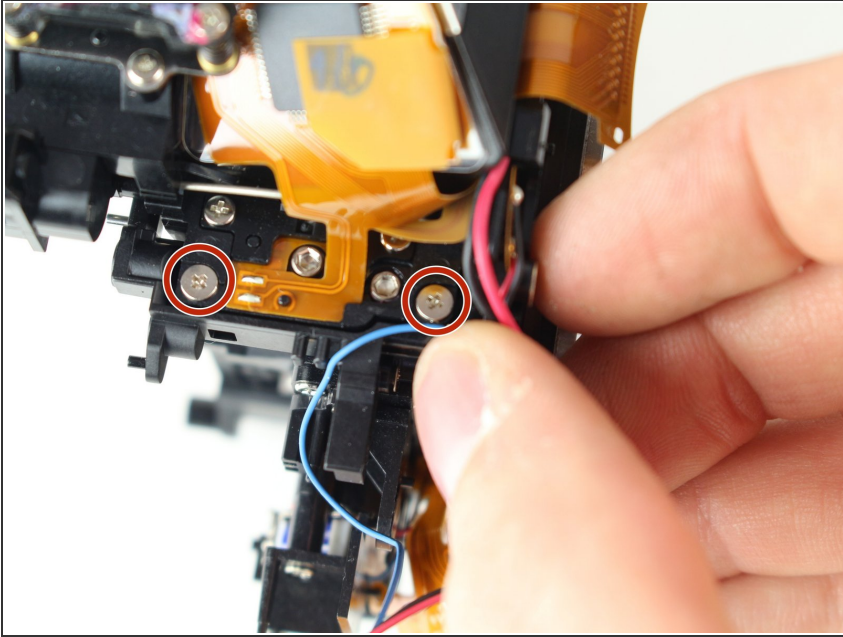
## Step 59



- Disconnected ribbon cable at rear right of viewfinder.

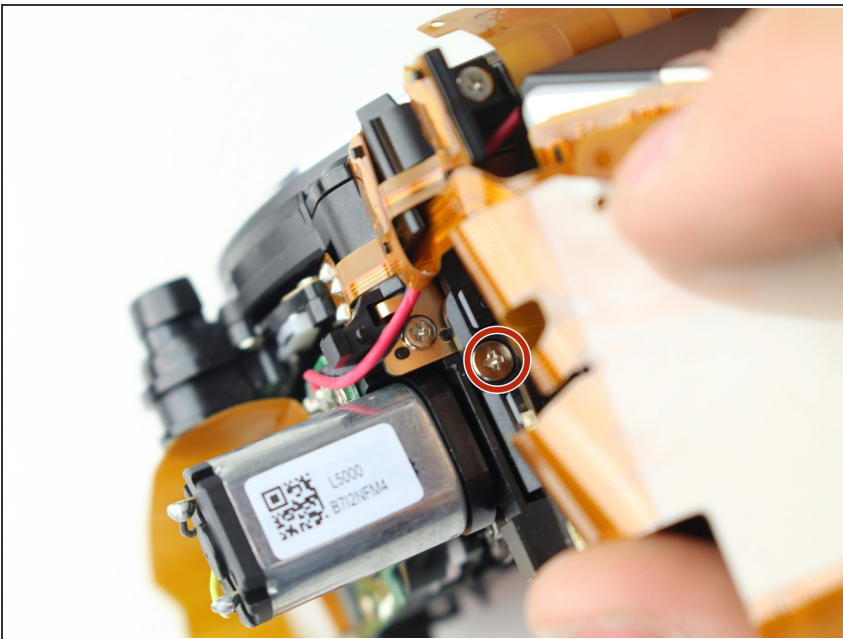


## Step 60



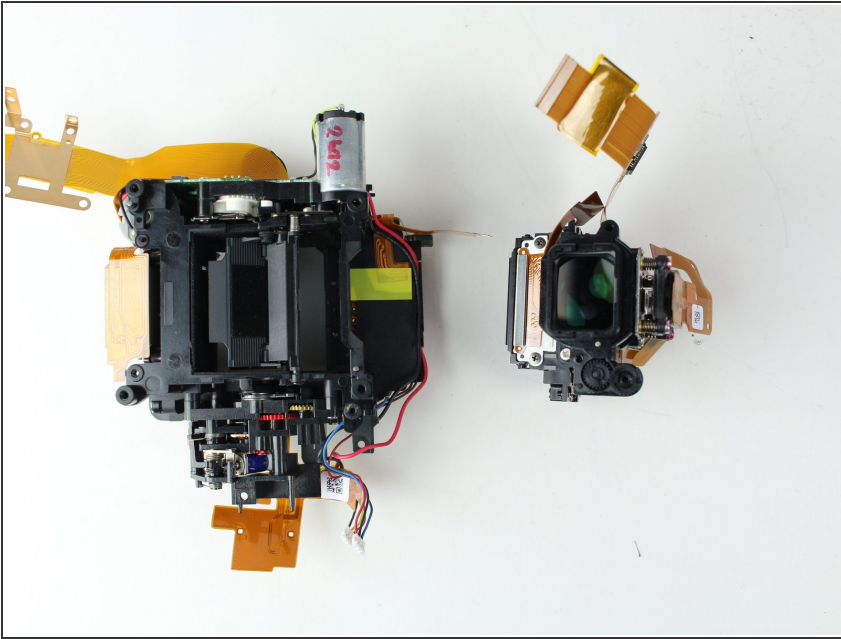
- Remove the two 5.5mm J000 screws

## 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.