

## DIY camera shoulder rest

by **PieterPost** on July 30, 2006

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## intro: DIY camera shoulder rest

Do you use a camcorder, do you have problems with the shakes, then you need one of these. It bolts to the tripod mounting on the camcorder and turns your camcorder into a shoulder mount.

Very easy to make and use for only 12 Euro.

Easily made from a aluminium gutter support. You might have to alter the length and the bend to suit your own camcorder. The Replacement sponge from a Plastic smoothener is used for the shoulder rest.



## step 1: Get your gear together.

You need the following:

- 1.) a aluminium gutter support
- 2.) and another aluminium gutter support
- 3.) The Replacement sponge from a Plastic smoothener
- 4.) 2 Bolts and washers M 10
- 5.) 1 bolt for the tripod mounting of your camcorder



## step 2: Cut off the edges.



**step 3: Drill two holes**

Drill two 11 mm holes. The placement of the holes depends on the size of your camera.



**step 4: Tighten the two bolts**



**step 5: Create a thread for the bold of your tripod mounting.**

I've used an old screw to create a thread. I know there are more professional ways of doing this, but I don't have the right tools.



**step 6: Attach the tripod mounting bold**



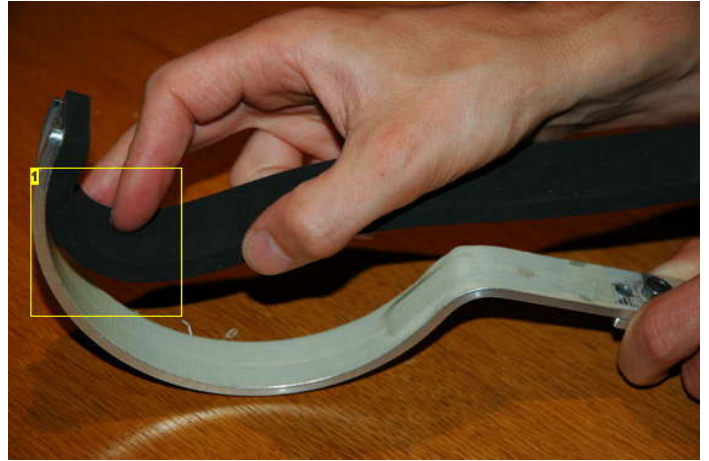
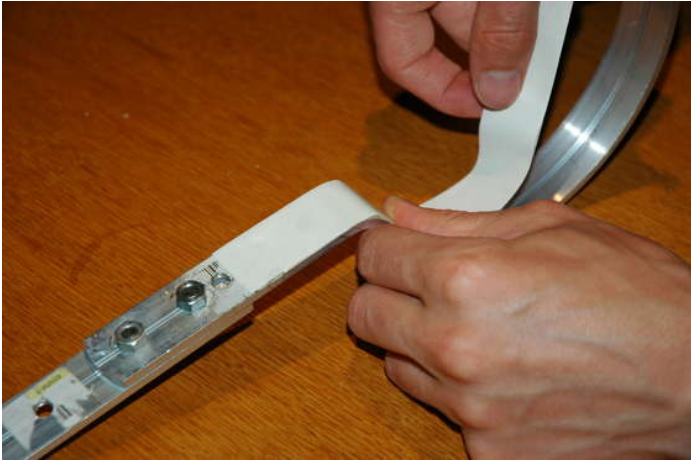
**step 7: Cut off a strip of rubber**

Measure the width of the aluminium strip. Cut off a strip of rubber slightly wider than the aluminium strip.



**step 8: Attach the rubber to the aluminium strip**

I'd used a roll of double sided tape, but perhaps it will be better to use glue.



**Image Notes**

1. Rubber tends to shrink and expand during temperature change. Press firmly to compress the rubber to counteract this.

**step 9: Attach the camera**

Attach the camera and start to shoot great movies.

Please let me know if you find this instructable useful or not.



## Related Instructables



**DIY Camera Shoulder Mount with Handle** by stas92



**Cop Car Camcorder Mount** by Kipkay



**Kipkay's Video Tips & Tricks** by Kipkay



**Helmet Cam (hands free video production)** by howtern



**DIY Macro Lens made from Binoculars (video)** by fmpfilms



**Camera mount for a motorcycle (Rear peg)** by kaptaink\_cg



**Super Nightvision Headset Hack!** by Kipkay



**Automatic remote ON/OFF using the MIC jack on your camcorder / Low Voltage Solid State Relay** by dan



## Comments

[21 comments](#) [Add Comment](#)



**jesse ferguson** says:

Hey I look like you! kinda and we both LOVE VIDEO. Just wanted to amuse.

Aug 11, 2006. 2:49 PM [REPLY](#)



**guitarman63mm** says:

Holy hell! You've got the same look and everything.

Oct 13, 2008. 3:01 AM [REPLY](#)



**mdmoose29** says:

holy cow thats scary

Jan 16, 2007. 10:21 PM [REPLY](#)



**Mario1** says:

Omg... you have Professional camera ... i have Sony HandyCam DCR-DVD109 i has night shot steady shot etc but... yours is not in the camcorder categories :D















Jul 25, 2008. 4:49 PM [REPLY](#)



**jeremy91511** says:

sesamstraat? and what camcorder is that?

Apr 6, 2008. 4:26 PM [REPLY](#)

- 
-  **technodude92** says: Feb 22, 2008. 8:44 PM [REPLY](#)  
Cool. one question. does this have the same effect as a steadycam?  
BTW. Threat in step 5 should be Thread
- 
-  **Closet\_RAt** says: Aug 7, 2007. 6:20 PM [REPLY](#)  
This is awesome... I'd cut off a little more on the shoulder mount (so you could pivot up if you needed to...), but outside of that, I'd say this is a perfect mod, and cheap and easy too...
- 
-  **lookatmygrlyfont** says: May 7, 2007. 7:15 PM [REPLY](#)  
haha that would come in handy for my dvx
- 
-  **sifu17055** says: May 1, 2007. 10:02 AM [REPLY](#)  
this is just too cool. Can we modify this for a video light and a boom mic?
- 
-  **ricejuh** says: Apr 29, 2007. 9:19 AM [REPLY](#)  
good idea its very useful!
- 
-  **altaria1993** says: Apr 8, 2007. 2:53 AM [REPLY](#)  
you can also make yourself a small pillow like thing, to glue in the shoulder piece ;)  
further i think thsi is a great idea, but i dont think i have another tripod-bolt, maybe i can take it but i tohught, i couldn't still a great istrctable, nice clear pics, all we now need is a video :P  
alty
- 
-  **gw812** says: Feb 1, 2007. 11:10 AM [REPLY](#)  
Flippin' sweet! Needed something like this for my Broadcasting class for a while, and now I got it! I am SO having my kids build a few of these...
- 
-  **bowakowa** says: Aug 11, 2006. 1:07 AM [REPLY](#)  
Nice repurposing. Gotta remember those pieces for shoulder contour following. Like the ideas as well. Two suggestions 1:counterweight extension in back. I suppose the clearance you would get in back would be a function of how much weight you were willing to add overall. The upside is a balancing point on your shoulder. 2:support collar with strut that hooks into the change pocket of your jeans. Supports the weight and steadies the cam with less overall weight, but leaves it open to more lateral roll.
- 
-  **PieterPost** says: Aug 11, 2006. 2:41 AM [REPLY](#)  
Great idea, I can use a battery for lighting as counterweight.
- 
-  **bowakowa** says: Aug 18, 2006. 6:54 PM [REPLY](#)  
Make sure to post a pic.
- 
-  **bowakowa** says: Aug 11, 2006. 1:15 AM [REPLY](#)  
now I'm thinking Überdork hands free umbrella holder.  
See what you made me do?
- 
-  **Runeshai** says: Aug 14, 2006. 2:22 PM [REPLY](#)  
yes, useful, very simple, very nice idea, maybe something of a handle next time, i'v designed a few rigs myself but haven't made anything yet, i made a dolly from www.dvcamerarigs.com and part of the stabilizer, but that's not finished yet. thanks for the tips!
- 
-  **Kactapuss** says: Aug 13, 2006. 4:29 PM [REPLY](#)  
hahahahah, luckily i just bought a comercial one..... :(
- 
-  **wonko** says: Aug 11, 2006. 10:47 AM [REPLY](#)  
"Bolts". The word is "bolts". With a t.
-



**theRIAAsays** says:  
ernie said he was going to stab me... D:

Aug 10, 2006. 11:05 PM [REPLY](#)

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**mrbob1000** says:  
pretty resourcefull project  
i like it i would use it with a camera but my camera is fairly light weight

Aug 10, 2006. 4:59 PM [REPLY](#)

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