Garage Door Torsion Vs Extension Springs, which one is better?

To start with lets discuss what torsion springs are and what extension springs are and how each work to

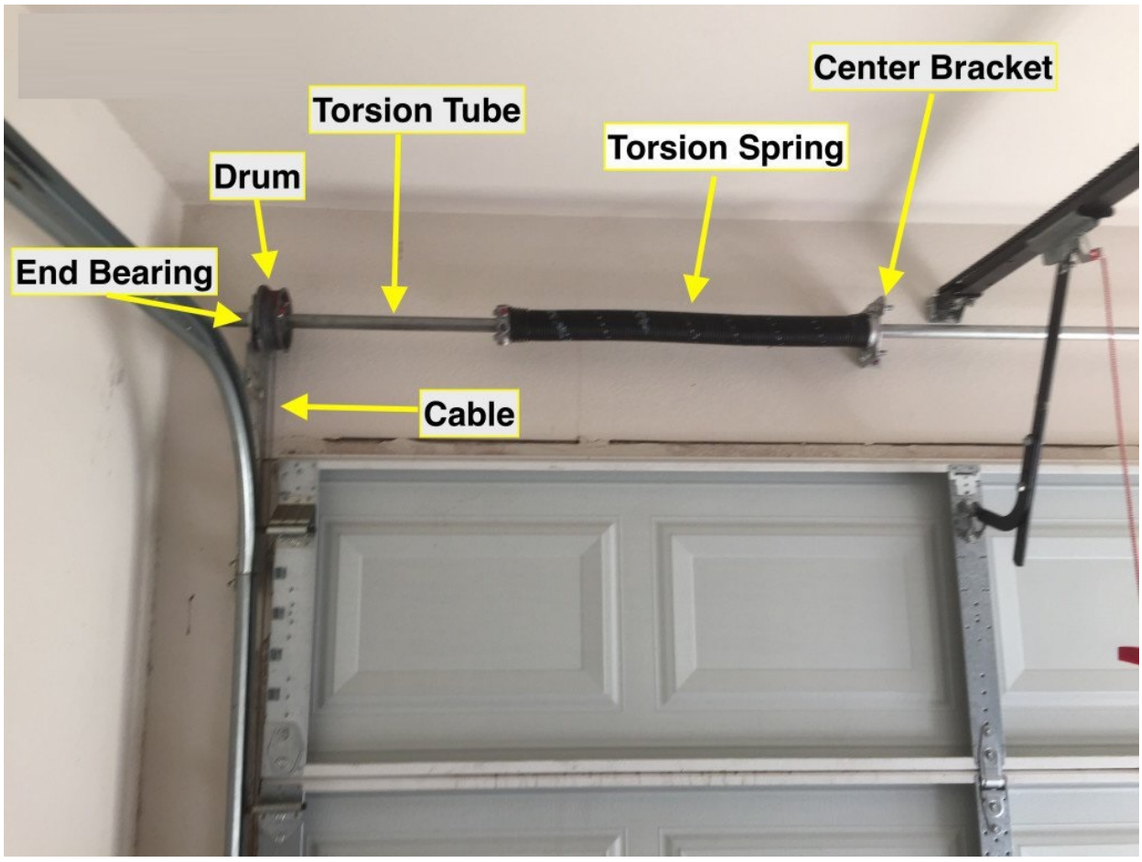
open and close your garage door.

Torsion spring are the newer spring system in garage doors. I a torsion spring system there is a spring

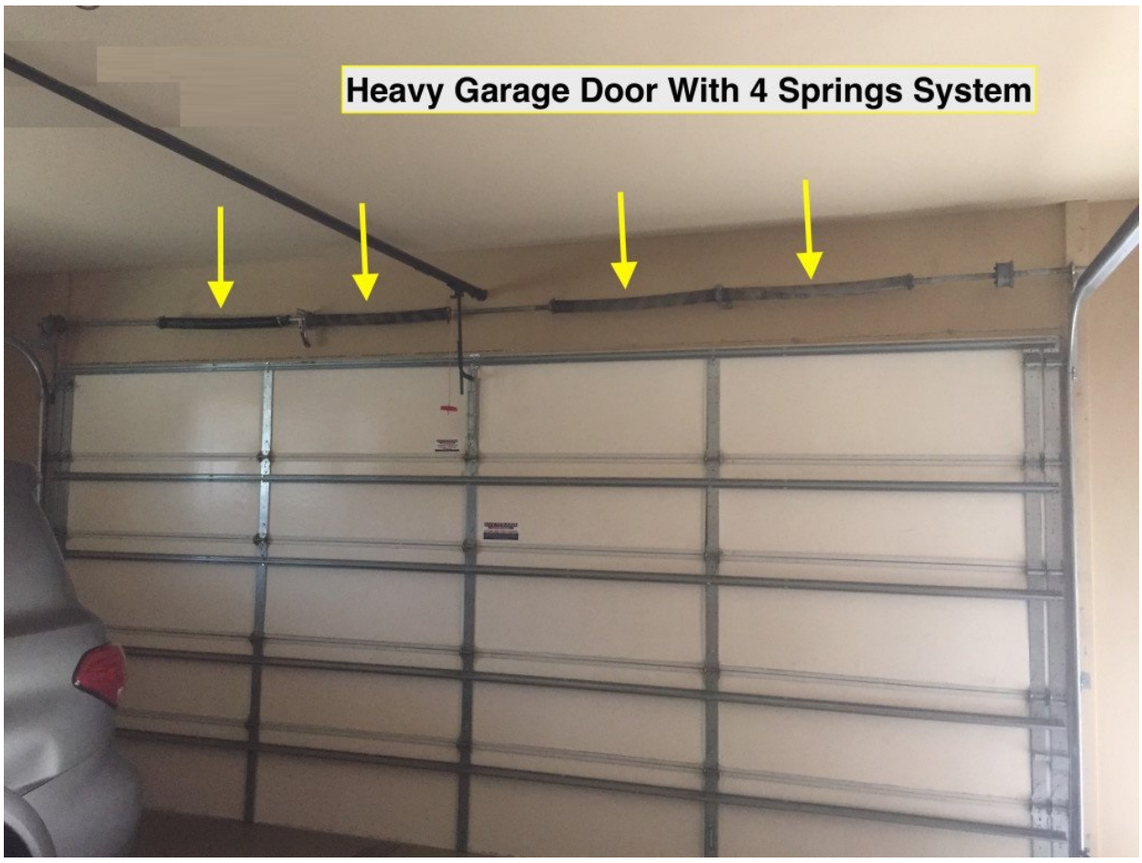
bar/torsion tube mounted on the header on the inside of the garage door opening. Torsion spring(s) are

mounted on the spring bar/torsion tube with a center bracket(holding the spring(s) in place. At each

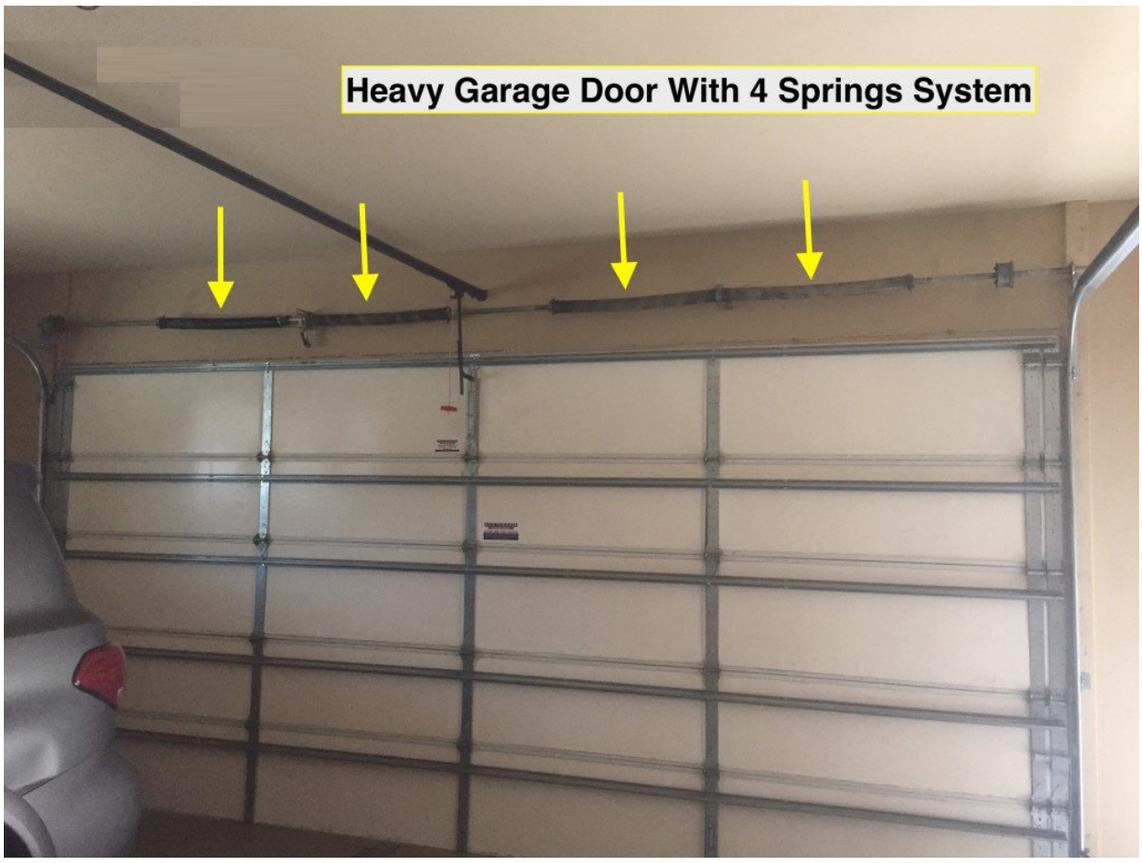
end of the torsion tube is a drum. Cables attach to the bottom bracket on each side of the garage door,



these cables then travel up the height of the door and wind around the drums as the door opens and unwind as the door closes. The torsion springs provide the force to open and close the door while the cable and drums do the lifting. Torsion springs come in different sizes. The size of the spring(s) you will need is dependent on the weight of the garage door with all of the components installed. Torsion springs are also rated by life cycles. A life cycle is one open and close of the garage door. Most residential torsion springs are rated 10,000;20,000 or 30,000 life cycles. The life cycle rating is determined by the spring manufacturer and is based on the gauge of the wire used to make the spring coils.



The length of the spring without the cones determines how much weight the spring can lift. Some doors will function well with only one spring while other doors may require two or more springs, again this is determined by the weight of the garage door.



In most cases we recommend a two spring system

over one spring as it provides a more balanced lift of the garage door. Small light weight single car garage doors usually only require one spring.