THE FRAME IS SEIZED - WHAT CAN I DO?

If the frame has not been well maintained, and becomes seized here is what you can try.

First, apply lubricant to the join. Boeshield is best, but WD40 can work. Allow the frame to be soaked overnight, or longer, depending on the condition of the frame. For really bad cases, re-apply over several days.

Wrap the frame to protect it from getting scored by the vice grips. Some of the hull fabric from the patch kit works well.

With the vice grips, use a twisting motion to work the frame apart.

