

# Instructions

## Front Control Arm Bushings

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**N.B:** This instruction sheet should be used in conjunction with the workshop manual and proper safety procedures followed.

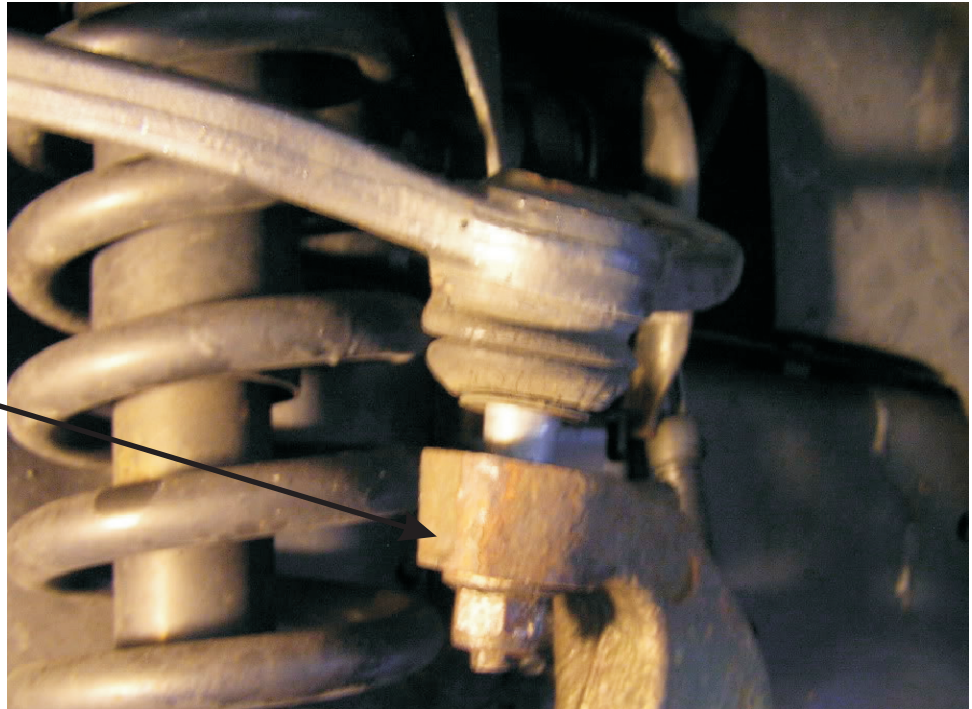
**Application** - Ford F150  
- 2WD and 4WD

*Always refer complete catalogue listing*

- Raise vehicle evenly and safely support.
- Proceed to remove front wheels.
- Remove front calipers and hang them out of the way with a cable tie or wire.
- Loosen upper Ball Joint nut and Tie Rod nut (but do not remove). Strike hub with hammer to loosen.

**Contents** - Steel tube 25.4mm OD x4  
- Steel tube 22mm OD x4  
- Loose shells x 4  
- Bushing 90728 x 4  
- Bushing 90729 x2  
- Bushing 91474 x 2  
- Grease

- Strike hub/spindle while nut is still protecting thread.



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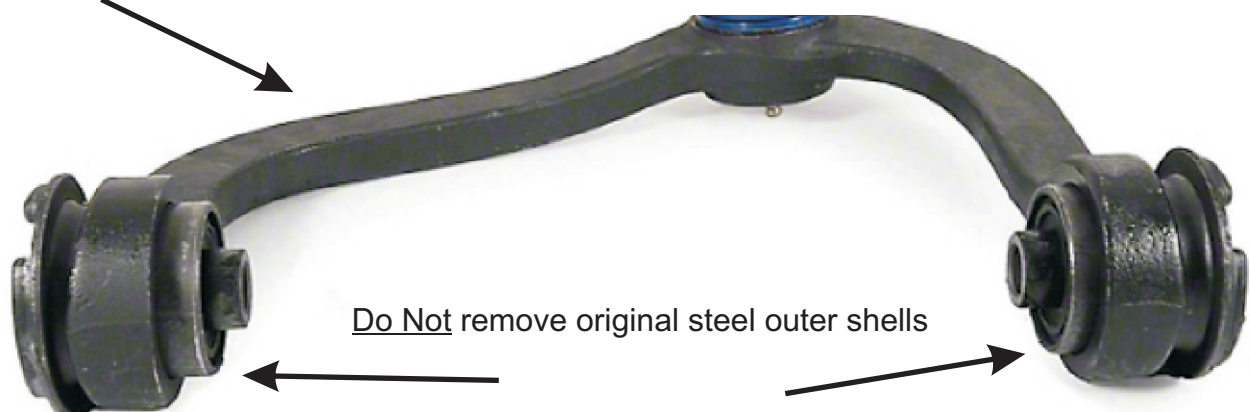
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Note - Caliper hanging out of way.

- Proceed to remove Hub/Spindle and upper control arm.



Front Upper Arm



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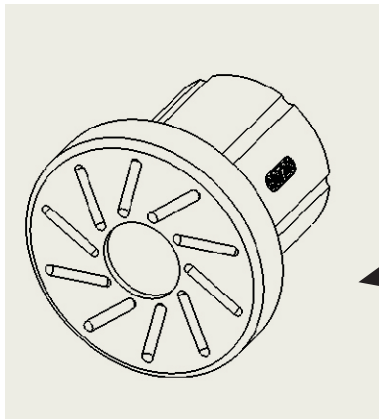
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## Front Control Arm Bushings

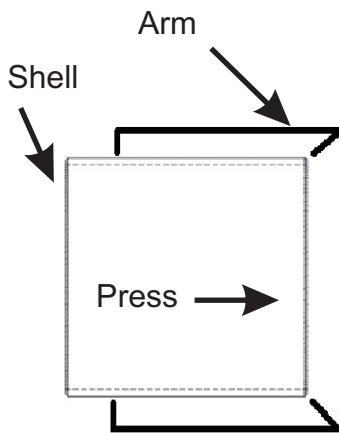
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### Upper Arm

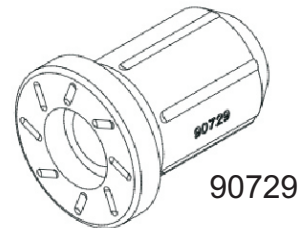


- Remove rubber only from upper bushings. (Heat can be used to break the bonding)
- Push bushing 90728 into clean steel eye
- Grease bushing Internal diameter and flange face with supplied grease only.
- Push in supplied 22mm OD tubes.

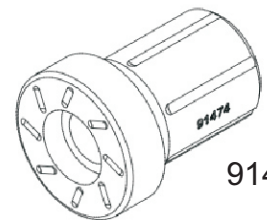


### Lower Arm

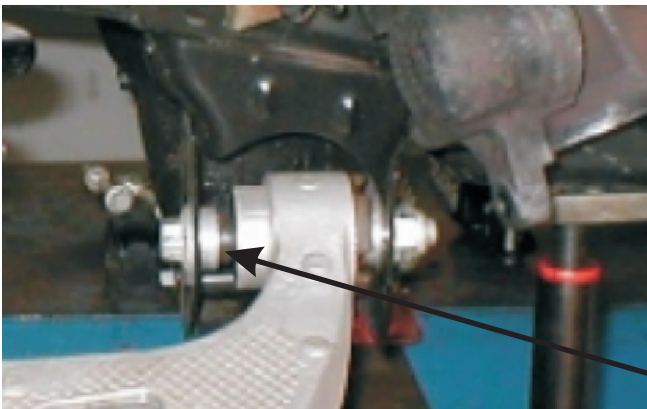
- Using a Press, press out complete bushing from lower arm - including outer shell.
- Press in supplied loose shell into aluminium arm. **NOTE** - press shell in from inside of arm and stop when you near the chamfer.



90729



91474



- Push bushing 90729 into front Eye
- Push bushing 91474 into rear Eye.
- Grease bushing internal diameter and face with supplied grease only. Push in supplied 25.4mm tubes.

RE-USE OE WASHERS

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