

# Fitting Instructions #5690IS

Ford F-150 2009-2013

## Front Lower Control Arm (FLCA) Bush Kit

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Note, this instruction sheet should be used in conjunction with a workshop manual and proper safety procedures followed.

- Place the vehicle securely on a hoist or jack stands
- Remove the lower control arm
- Note for both the front and rear bushes there is a 5.5mm gap between the underside of the steel flange of the bush and the face of the control arm.

5.5mm gap between underside of flange and face of arm



- Before removing the bush find a C piece or similar that can support the arm between the 2 faces of the arm while pressing
- Remove OE rubber bushes from the arm either using a press and press tools or by cutting the steel shell out (if cutting be careful not to damage the arm and clean up any damage that is done to the bore of the arm with sandpaper)
- Press in new bushes in the same direction that the OE bushes were, ensuring that they are pressed in leaving a 5.5mm gap between the underside of the flange and the face of the arm. **Use a 'C' piece or similar to support the arm while pressing in the bush**

## Left Hand Arm



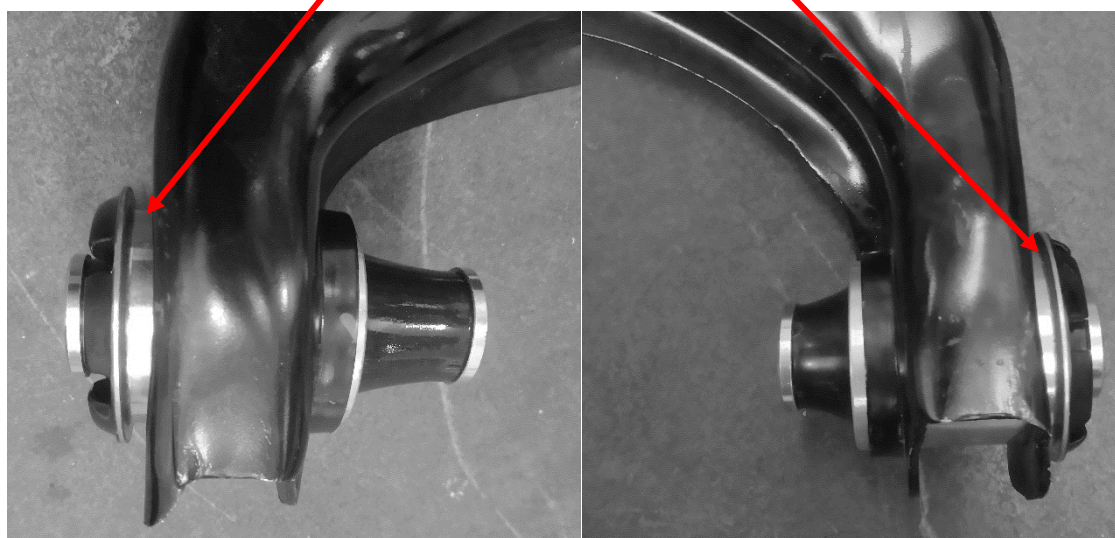
Front Bush

Use: 20113Z

Rear Bush

Use: 20114Z

5.5mm gap between underside of flange and face of arm



Direction of bush install

Direction of bush install

- **These bushes come pre greased so no grease is needed to be applied**
- The control arm can now be re-installed
- Wheel alignment after install is recommended