

# Fitting Instructions #5686IS

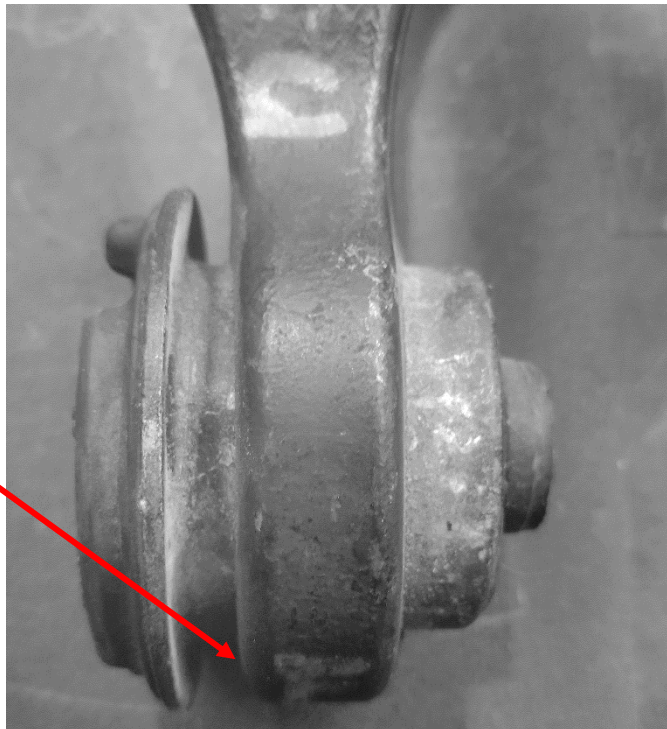
Ford F-150 2009-2013

## Front Upper Control Arm (FUCA) Bush Kit

---

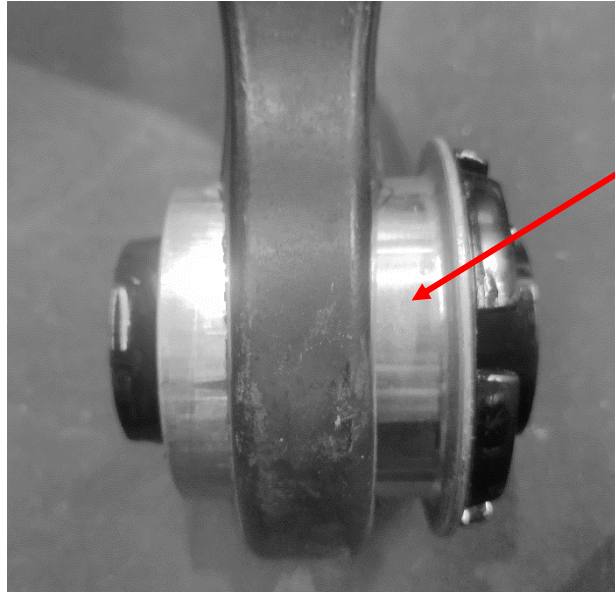
**Note, this instruction sheet should be used in conjunction with a workshop manual and proper safety procedures followed.**

- Place the vehicle securely on a hoist or jack stands
- Remove the upper control arm
- Note the distance the steel flange of the bush protrudes from the arm. There should be a 9.5mm gap between the underside of the flange and the highest point on outer face of the arm as shown.



Highest point on  
outer face of arm

- 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 direction shown using a press, ensuring that they are pressed in leaving a 9.5mm gap between the underside of the flange and the outer face of the arm as shown.



9.5mm gap between the underside of the flange and the highest point on the outer face of the arm (same for both bushes)

- **Grease the bore of the bush and the exterior of the crush tube using the provided grease**
- Push the crush tube into the bush until the face of the crush tube is flush with the face of the bush
- The control arm can now be re-installed
- Wheel alignment after install is recommended