

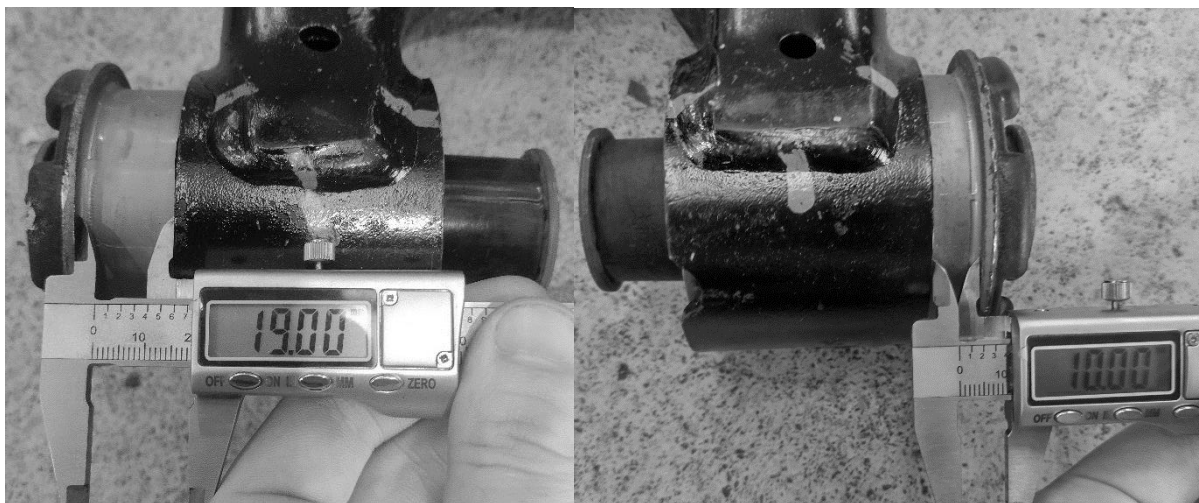
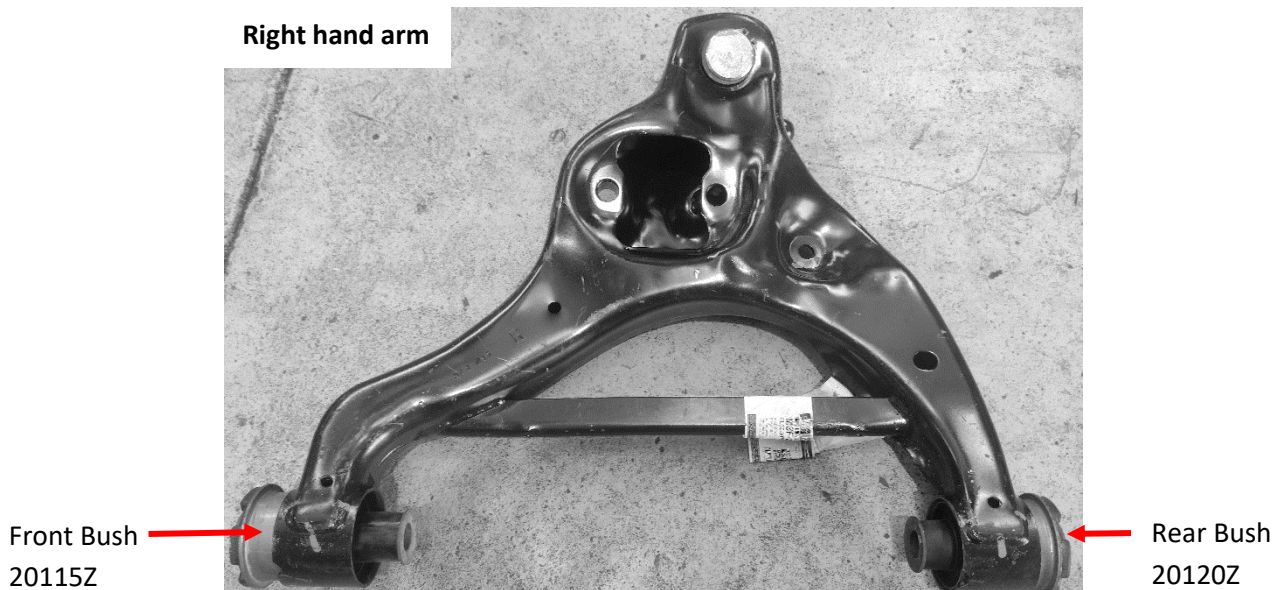
# Fitting Instructions #5691IS

Ford F-150 2014

## Front Lower Control Arm (FLCA) 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 lower control arm
- Note the distance the steel flange of the bush protrudes from the arm. There should be a 19mm gap between the underside of the flange and the outer face of the arm for the front bush and a 10mm gap for the rear bush as shown below.



- 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 19mm gap between the underside of the flange and the outer face of the arm for the front bush and a 10mm gap for the rear bush as shown below.

19mm gap between the underside of the flange and the outer face of the arm



10mm gap between the underside of the flange and the outer face of the arm



- **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